



Asian Broccoli Salad

Prep Time: 20 minutes

Cook Time: 1 hour

Cost per serving: \$0.15

What you need:

Utensils:

- Small sauce pan
- Measuring cups & spoons
- Cutting board & knife
- Mixing spoon
- Large mixing bowl

Ingredients:

- 2 cups broccoli florets
- 2 carrots, peeled and sliced
- 2 cups shredded cabbage
- 1 tablespoon light soy sauce
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- 2 tablespoons nonfat plain yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. Wash the broccoli and in a small sauce pan, steam until just crisp-tender.
3. Wash, peel, and slice carrots. Wash and shred cabbage.
4. Combine soy sauce, vinegar, sugar and yogurt in a large mixing bowl.
5. Add the vegetables and mix well.
6. Chill for at least an hour and mix again before serving.
7. Cover and store all leftover salad in the refrigerator.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 30	Calories from Fat 0
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 80%	Vitamin C 50%
Calcium 4%	Iron 2%