



Curried Broccoli Salad

Jacob · 30/09/2024



Prep Time

3 hrs 20 mins

Difficult

Medium

Servings

6

Description

Quick broccoli salad without the bacon And it cuts even more fat by using mostly nonfat yogurt Perfect as a cookout side dish or to portion out for weekday lunches

Ingredients

- - 1 cup plain fat-free Greek yogurt
- or to taste - $\frac{1}{4}$ cup mayonnaise - $\frac{1}{4}$ cup apple cider vinegar - 2 tablespoons Madras curry powder - 1 tablespoon honey - $\frac{1}{2}$ teaspoon onion powder - salt and ground black pepper to taste - 6 cups chopped broccoli - 1 $\frac{1}{4}$ cups dried currants - $\frac{1}{2}$ cup roasted sunflower seeds

Instructions

1. Whisk Greek yogurt
2. mayonnaise
3. vinegar
4. curry powder
5. honey
6. onion powder
7. salt
8. and pepper together in a bowl. Taste and adjust seasonings to your flavor preference. Combine broccoli
9. currants
10. and sunflower seeds in a large resealable container. Add 1 to 1 1/2 cups dressing. Cover and shake to coat. Reserve remaining dressing for another use. Chill in the refrigerator for 3 hours before serving.