

Broccoli Salad with Dried Cherries

Hands-on - 8 min.

Serves 10

I bet you're surprised to see such a high-fat salad in my book. I figure the price of the pecans and dried cherries will assure that you make it on special occasions only. As I always say, "With moderation and balance, all foods can fit!"

Tastes great with:

Slow-cooked dishes like:

Tortellini Stew (page 229) or

Gypsy Stew (page 237)

1 bunch broccoli, cut into bite size florets
1/4 red onion, thinly sliced, then chopped
1/2 cup chopped pecans
1 cup dried cherries

Combine in a large attractive serving bowl.

1/2 cup *Miracle Whip* Light
1/2 cup plain nonfat yogurt
1/4 cup grated Parmesan cheese
1 T sugar
1 T vinegar (cider or any variety)
1/2 tsp ground cinnamon

Whisk together in a small bowl.
Pour over broccoli mixture, toss gently and serve.

Nutrition information for 1/2 cup

Calories	146	Fat	7 g	Fiber	2 g	Sodium	155 mg	Total Carbohydrate	20 g
Calories from Fat	40%	Saturated Fat	<1 g	Cholesterol	4 mg	Protein	2 g	Sugars	17 g