

## BROCCOLI SALAD WITH WATER CHESTNUTS AND DRIED CRANBERRIES

Serves 4

### INGREDIENTS

- 7 cups broccoli florets (from 2 heads of broccoli), chopped into bite-size pieces
- 1 cup grated broccoli stalks (from 2 heads of broccoli)
- 2 5-ounce cans sliced water chestnuts, drained
- $\frac{1}{2}$  cup unsweetened dried cranberries
- 3 tablespoons canola or corn oil
- 3 tablespoons red wine vinegar or fresh lemon juice
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon salt

### DIRECTIONS

- Put the broccoli florets, broccoli stalks, water chestnuts, and cranberries in a large bowl. Toss to combine.
- In a small bowl, whisk together the remaining ingredients. Pour over the salad. Toss to coat. Cover and refrigerate for at least 1 hour and up to 24 hours before serving.



NUTRITION FACTS	Per serving
Calories	182
Total Fat	11.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	6.5 g
Cholesterol	0 mg
Sodium	192 mg
Carbohydrates	20 g
Dietary Fiber	9 g
Total Sugars	2 g
Protein	5 g
Dietary Exchanges: 3 vegetable, $\frac{1}{2}$ fruit, 2 fat	

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