

Broccoli is one of those vegetables you feel good about eating! It has so many great qualities, not the least of which is the taste! Try it in this recipe adapted from Simple and Delicious magazine. It would be great to take for lunch!

Serves 8

Broccoli Strawberry Salad



- 8 c. fresh broccoli florets, coarsely chopped
- 8 ounces Cheddar cheese, cut into 1/2 inch cubes
- 1 c. Spectrum Organic mayonnaise
- 2 Tbs. honey
- 1 tsp. cider vinegar
- 2 c. fresh strawberries, quartered
- 1/4 c. sliced almonds, toasted

Place chopped broccoli in a saucepan with water. Bring water to a boil and cover pan. Allow broccoli to cook for 1-2 minutes, until barely cooked and very bright green. Immediately pour into a large strainer and run under cold water to stop the cooking. Drain.

In a large bowl, combine broccoli and cheese. In a small bowl, whisk the mayonnaise, honey and vinegar. Pour over broccoli mixture and toss to coat. Gently stir in strawberries; sprinkle with almonds.