



Spicy Marinated Broccoli Salad

- Colleen Groves, RD

Ingredients:

- 1 cup fresh broccoli florets, cut into bite-sized pieces
- 1/2 medium carrot, grated
- 1/4 cup chopped red onion
- 1/4 cup diced roasted red bell pepper, rinsed and drained if bottled
- 2 tablespoons plain rice vinegar
- 1 tablespoon water
- 1/2 tablespoon extra virgin olive oil
- 1 teaspoon honey
- 1 small garlic clove, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried basil, crumbled
- 1 teaspoon shredded or grated Parmesan cheese

Prep Time: 15 minutes

Servings: 2 (1/2 cup servings)

Directions:

1

In a medium bowl, stir together the broccoli, carrot, onion and bell pepper.

2

In a small bowl, whisk together the remaining ingredients except the Parmesan. Pour over the broccoli mixture. Stir gently to coat. Cover and refrigerate for 1 to 2 hours, stirring occasionally. Before serving, sprinkle with the Parmesan.



Net Carbs: 11g
Protein: 2g
Calories: 80