CREAMY BROCCOLI-FETA SALAD

6 SERVINGS | SERVING SIZE: 1 CUP

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh produce by rinsing fresh dill or basil and gently rubbing lemon, garlic, broccoli, and red pepper under cold, running water. Prewashed, packaged items do not require further washing.

INGREDIENTS

¾ cup nonfat plain yogurt
½ cup crumbled plain or flavored reduced-fat feta cheese
2 Tablespoons lemon juice
1 Tablespoon finely chopped fresh dill or basil
1 garlic clove, minced
3¼ cups chopped broccoli florets (about 2 bunches)
1 can (15.5-ounces) no-salt-added chickpeas, drained and rinsed
1 medium red bell pepper, chopped
Fresh ground pepper to taste (optional)

DIRECTIONS

1. Combine the yogurt, feta, lemon juice, dill, and garlic in a medium bowl.
2. Toss the broccoli, chickpeas, and red pepper with the yogurt dressing in a serving bowl. Season with pepper if desired.

CALORIE DENSITY: 0.99 CALORIES/GRAM


Nutrition Facts

6 servings per container
Serving size 1 cup (152g)

Amount per serving
Calories 150
% Daily Value*
Total Fat 3.5g 4%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 260mg 11%
Total Carbohydrate 18g 7%
Dietary Fiber 4g 14%
Total Sugars 5g
Includes 0g Added Sugars 0%
Protein 9g

Vitamin D 0mcg 0%
Calcium 119mg 10%
Iron 2mg 10%
Potassium 295mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.


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