

# Broccoli Pecan Salad

*Lots of texture in this crunchy, colourful side salad.  
Creamy dill dressing is light and refreshing.*

Low-fat salad dressing (or mayonnaise)	1/4 cup	60 mL
Light sour cream	1/4 cup	60 mL
Chopped fresh dill (or 1 tsp., 5 mL, dill weed)	4 tsp.	20 mL
Dijon mustard	2 tsp.	10 mL
Broccoli florets	4 cups	1 L
Grated light sharp Cheddar cheese	1 cup	250 mL
Chopped pecans, toasted	1 cup	250 mL
Dried cranberries	2 tbsp.	30 mL

Combine first 4 ingredients in large bowl.

Add remaining 4 ingredients. Toss well. Chill for about 1 hour until cold.

Makes about 4 cups (1 L) salad. Serves 6.

*1 serving: 261 Calories; 21.7 g Total Fat (11.9 g Mono, 4.5 g Poly, 4.7 g Sat); 14 mg Cholesterol; 11 g Carbohydrate; 3 g Fibre; 9 g Protein; 256 mg Sodium*

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