

Broccoli Salad

Makes about 4 1-cup serving

2 medium broccoli stalks
2 or 3 green onions, chopped
1/2 cup shredded carrots
1/2 cup golden raisins
1/4 cup dried cranberries
3 tablespoons dairy- and egg-free
mayonnaise substitute
1/4 cup seasoned rice vinegar
1 tablespoon raw or turbinado sugar
1/4 teaspoon black pepper



Cut broccoli florets into bite-size pieces. Peel stems and cut into bite-size pieces. Transfer to a salad bowl and add green onions, carrots, raisins, and cranberries.

In a small bowl, mix together mayonnaise substitute, vinegar, sugar, and black pepper. Pour over broccoli and toss to mix. Let stand about 30 minutes before serving to allow flavors to blend.

Nutrition Information

Per 1-cup serving: 172 calories, 3.1 g fat, 0.4 g saturated fat, 16.4% calories from fat, 0 mg cholesterol, 3.5 g protein, 36.1 g carbohydrate, 26.5 g sugar, 3.7 g fiber, 361 mg sodium, 62 mg calcium, 1.3 mg iron, 70 mg vitamin C, 1457 mcg beta-carotene, 2 mg vitamin E

This recipe is a preview from the upcoming new edition of *The Survivor's Handbook: Eating Right for Cancer Survival*.