

# Broccoli & Carrot Salad



**Prep Time:**

15 min

**Total Time:**

1 hr 15 min

**Makes:**

8 servings

1 lb. fresh broccoli florets

2 cups sliced fresh mushrooms

1 carrot, shredded

4 green onions, sliced

1 cup KRAFT Light Ranch Reduced Fat Dressing

1/4 cup PLANTERS Sunflower Kernels

**TOSS** vegetables with dressing; cover.

**REFRIGERATE** at least 1 hour.

**SPRINKLE** with sunflower kernels just before serving.

## Kraft Kitchens Tips

### Shortcut

Use an egg slicer to quickly and uniformly slice whole fresh mushrooms.

Customer change: " I made a couple of changes. I used about a half a pound of baby carrots, sliced and used 2 cups of portabello mushrooms. And then I left off the onions, ranch (it doesnt need it) and the sunflower seeds because I didn't have any shelled and wasn't about to shell that many. It really doesn't need the ranch, the vegetables have enough delicious flavor on their own."

## Nutritional Information

Calories 120

Total fat 7 g

Saturated fat 1 g

Cholesterol 10 mg

Sodium 420 mg

Carbohydrate 12 g

Dietary fiber 3 g

Sugars 4 g

Protein 4 g

Vitamin A 60 %DV

Vitamin C 90 %DV

Calcium 4 %DV

Iron 6 %DV

### Nutrition Bonus

Here's a tasty way to eat your vegetables. The broccoli and carrots are both rich in vitamin C, while the carrots provide an excellent source of vitamin A.