

Broccoli Grape Pecan Salad

YIELDS:
8 SERVINGS

PREP TIME:
15 MINS

TOTAL TIME:
15 MINS

Ingredients

4 cups fresh broccoli florets
(sliced small)

2 cups red or green seedless
grapes, halved

1/2 cup pecans, chopped
(toasted optional)

1/3 cup red onion, finely diced

1/2 cup mayonnaise*

2 tablespoons balsamic
vinegar (white or traditional)

2 tablespoons sugar



Directions

Prepare Dressing: In a large bowl, whisk together the mayonnaise, balsamic vinegar, and sugar.

Combine: Add the broccoli florets, halved grapes, and red onion to the bowl, stirring well to coat with the dressing.

Add Crunch: Stir in the chopped pecans, reserving a few for topping.

Chill: Refrigerate for at least 30 minutes to allow flavors to meld, or up to 24 hours.

Optional Mix-in: Feta Cheese

** Reduce fat content by substituting a light mayonnaise or plain Greek yogurt.*

Nutrition Information

Per Serving (Serves 8)

Calories 205**Fat 16 g**

Saturated fat 2 g

Trans fat 1 g

Cholesterol 6 mg

Sodium 110 mg

Carbohydrates 16 g

Fiber 3 g

Sugar 11 g

Protein 3 g

Vitamin A 391 IU

Vitamin C 52 mg

Calcium 39 mg

Iron 1 mg

Potassium 296 mg

Source: barefeetinthekitchen.com