RECIPE

# Broccoli Stem and Carrot Slaw

A crunchy snack of shredded broccoli stems and carrot in a lemony yogurt and olive oil dressing with sunflower seeds, about 350 mg of sodium and 1 g of saturated fat a serving.

MAKES

4 servings US Metric

TOTAL

20 min

## Ingredients

- [ ] 10 oz broccoli stems, peeled and shredded (from 3 to 4 large stalks)
- [ ] 2 medium carrots, shredded
- [ ] 2 medium scallions, thinly sliced
- [ ] 2 tbsp chopped fresh parsley
- [ ] ¼ cup unsalted dry-roasted sunflower seeds
- [ ] 5 oz plain nonfat Greek yogurt
- [ ] 1 tbsp olive oil
- [ ] juice of 1 lemon
- [ ] 1 tbsp apple cider vinegar
- [ ] 2 tsp honey
- [ ] ½ tsp salt
- [ ] ¼ tsp garlic powder
- [ ] ¼ tsp black pepper

## Method

1. Peel the tough outer layer from the broccoli stalks with a vegetable peeler and trim the dry base. Shred the stems and the carrots with the shredding disc of a food processor or the large holes of a box grater. Put them in a large bowl.
2. Add the lemon juice and vinegar and toss. Let the bowl stand 10 minutes so the shreds soften a little.
3. Whisk the yogurt, olive oil, honey, salt, garlic powder and pepper in a small bowl until smooth.
4. Scrape the dressing over the shreds. Add the scallions and parsley and toss until everything is coated.

5 Fold in the sunflower seeds just before you eat, so they stay crunchy. Divide into 4 portions of about 1 cup.