



BROCCOLINI® baby broccoli Salad with Blueberries & Feta

Servings

6

Calories

70

Prep Time

10 minutes

Total Time

12 minutes

Skill Level

Easy

Ingredients

2 bunches Mann's BROCCOLINI® baby broccoli

(about 15-18 stalks)

1/3 cup blueberries

1/4 cup feta, finely crumbled

2 tablespoons almonds, sliced & toasted



Lemon Vinaigrette

1/4 cup olive oil, extra virgin

2 tablespoons lemon juice

1 tablespoon shallot, minced

1 teaspoon honey

1 teaspoon mustard, grainy

1/4 teaspoon salt & freshly ground pepper

The Method

Add BROCCOLINI® baby broccoli to boiling salted water. Cook for 2 to 3 minutes or until tender crisp. Drain and plunge into ice water to stop the cooking process. Drain well and pat dry.

Toss BROCCOLINI® baby broccoli with Lemon Vinaigrette. Stir in blueberries, feta and almonds.

Lemon Vinaigrette: Whisk olive oil with lemon juice, shallot, honey, mustard, salt and pepper.

Nutrition Facts

Serving Size: 110g | Servings: 6

Amount Per Serving

Calories 70 | Calories from Fat 25 | Total Fat 2.5g (sat fat 0.5g trans 0g) | Cholesterol 5mg | Sodium 115mg | Total Carbohydrate 9g | Dietary Fiber 5g | Sugars 3g | Protein 4g | Vitamin A 8% | Vitamin C 70% | Calcium 6% | Iron 6%