

Broccoli-Rice Salad

4 cups small broccoli florets
3 tbsp reduced-fat mayonnaise
1/4 cup low-fat buttermilk
2 tsp cider vinegar
1 tsp sugar
1/8 tsp white pepper
1/8 tsp salt, or to taste (optional)
1 cup cooked brown rice
2 tbsp chopped red onion

To bring out the bright green color of the broccoli, place it in a medium saucepan with 1/4 cup water. Bring to a boil and boil 1 minute. Remove from heat and cool in a colander under cold running water. Drain. Place the mayonnaise in a large serving bowl. Slowly add the buttermilk, whisking until smooth. Whisk in the vinegar, sugar, celery seed, pepper, and salt (if desired). Stir in the rice, reserved broccoli, and onion. Serve at room temperature or cover and refrigerate several hours. Leftover salad will keep in the refrigerator 2 to 3 days. Stir before serving.

Makes 7 Servings

Nutrients per Serving:

71 Calories
2 g Total Fat
11 g Carbohydrate
2 g Dietary Fiber