

# Broccoli Bean Salad

## Ingredients

|  |          |        |
|--|----------|--------|
| Broccoli, fresh florets (stalks removed) | 23 cups  | 5.75 L |
| Sultana raisins, seedless                | 3 ½ cups | 875 mL |
| White kidney beans, canned, rinsed       | 13 cups  | 3.25 L |
| Red onions, diced                        | 2/3 cup  | 150 mL |
| Mayonnaise, low fat                      | 3 cups   | 750 mL |
| Sugar, white granulated                  | 1 ½ cups | 375 mL |
| Vinegar, white                           | 3 Tbsp   | 45 mL  |
| Milk, 2% M.F.                            | 3 Tbsp   | 45 mL  |

## Directions

1. In a large bowl combine broccoli, raisins, kidney beans and red onions.
2. In another bowl combine mayonnaise, sugar, vinegar and milk. Mix well.
3. Add mayonnaise mixture to broccoli mixture and stir. Chill until ready to serve.
4. Serve ¾ cup (175 mL) portions onto serving dishes.

Makes 50 ¾ cup (175 mL) servings.

| Nutrition Facts              |                |
|------------------------------|----------------|
| Per ¾ cup (144 g)            |                |
| Amount                       | % Daily Value  |
| <b>Calories</b> 200          |                |
| <b>Fat</b> 5 g               | <b>8 %</b>     |
| Saturated 1 g<br>+ Trans 0 g | <b>5 %</b>     |
| <b>Cholesterol</b> 5 mg      |                |
| <b>Sodium</b> 120 mg         | <b>5 %</b>     |
| <b>Carbohydrate</b> 33 g     | <b>11 %</b>    |
| Fibre 5 g                    | <b>20 %</b>    |
| Sugars 13 g                  |                |
| <b>Protein</b> 7 g           |                |
| Vitamin A 15 %               | Vitamin C 60 % |
| Calcium 8 %                  | Iron 15 %      |

| Nutrient Claim    | Amount per Serving |
|-------------------|--------------------|
| High in fibre     | 5 g                |
| High in iron      | 2.6 mg             |
| Low in sodium     | 120 mg             |
| Source of calcium | 1.3 mg             |

| Food Group            | Food Guide servings per recipe serving |
|-----------------------|--|
| Vegetables and Fruit  | 1                                      |
| Grain Products        | 0                                      |
| Milk and Alternatives | 0                                      |
| Meat and Alternatives | 1/3                                    |

## Alberta Nutrition Guidelines Category

Choose Most Often  
(Mixed Dish)



### Recipe Tips

- Cider vinegar, red wine vinegar or lemon juice can be used in place of white vinegar.
- Try low fat plain yogurt in place of mayonnaise. It adds calcium and tastes great.
- You used the broccoli florets, what about the stalks? Cut them lengthwise into sticks and serve them with bean dip or hummus.