

Broccoli Salad With Creamy Mustard Dressing

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Preparation Time: 10 Minutes

Cooking Time: 10 Minutes

Serving Size: 4-6 Servings

Broccoli has an impressive list of nutrients and fiber. When compared with an orange ounce for ounce, steamed broccoli wins out on highest vitamin C content. As we said before it has more viable calcium than a glass of milk. This quick and easy salad has chickpeas for added fiber and protein and includes a creamy mustard dressing.

Salad Ingredients

- 1 large crown of broccoli, cut into florets
- 1 shredded carrot
- 1 can of chickpeas, drained
- 2 red radishes, thinly sliced



Creamy Mustard Dressing:

- 1/2 cup vegan mayo
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 1 tablespoon sherry or apple cider vinegar
- Pinch of black pepper
- Sea salt to taste

Steam the broccoli until crisp-tender, about 2 minutes. Remove from heat and toss with rest of salad ingredients. Whisk together dressing ingredients in small bowl. Toss with salad and chill for 10 minutes before serving. Great the next day!