

Broccoli & Lentil Salad with Turmeric Yogurt Dressing

Recipe Provided By: Canadian Lentils

Recipe Source: Cookspiration.com



Recipe Info

Prep Time: 10 Minutes

Total Time: 20 Minutes

Servings: 4-6

Ingredients

¼ cup (60 mL) Greek yogurt, 2% MF

¼ cup (60 mL) mayonnaise

2 tsp (10 mL) whole grain mustard

2 tsp (10 mL) honey

1 tsp (5 mL) white wine vinegar

¼ tsp (1 mL) ground turmeric

to taste, salt and pepper

Salad

3 cups (750 mL) broccoli florets
(approx. 1 head of broccoli)

1 cup (250 mL) halved cherry
tomatoes

1 cup (250 mL) cooked green lentils

½ cup (125 mL) finely chopped red
onion

½ cup (125 mL) sliced, toasted
almonds (reserve some for garnish)

Instructions

Step 1

Whisk dressing ingredients together in a small bowl. Season with salt and pepper and reserve.

Step 2

Combine salad ingredients together. Toss dressing with the salad, season with salt and pepper, and garnish with toasted almonds.

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