

ASIAN BROCCOLI SALAD



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 head of broccoli, stem removed, cut into small bite size florets
- 1 red pepper, chopped
- 2 cups purple cabbage, chopped
- 1 cup cilantro, chopped
- 2 carrots, grated
- ½ cup sunflower seeds
- ½ cup Annie's Asian Sesame Dressing

INSTRUCTIONS:

1. Place all ingredients in a bowl, toss to combine.
2. Eat and enjoy!

Yield: 20 tastings

Source: Nutrition Department Original

ASIAN BROCCOLI SALAD



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 head of broccoli, stem removed, cut into small bite size florets
- 1 red pepper, chopped
- 2 cups purple cabbage, chopped
- 1 cup cilantro, chopped
- 2 carrots, grated
- ½ cup sunflower seeds
- ½ cup Annie's Asian Sesame Dressing

INSTRUCTIONS:

1. Place all ingredients in a bowl, toss to combine.
2. Eat and enjoy!

Yield: 20 tastings

Source: Nutrition Department Original