



# Broccoli Slaw

## Family Recipe

Serves 6

### Ingredients:

- 2 pounds broccoli crowns, trimmed and cut into florets
- 3 carrots, peeled and shredded
- 1 cup dried cherries (or raisins), soaked in boiling water for 3 minutes and then drained
- 3/4 cup light mayonnaise
- 1/4 cup nonfat milk or buttermilk
- 1/4 cup white vinegar or to taste
- 2 tablespoons sugar or to taste
- Kosher salt to taste

### Directions:

1. Steam the broccoli until bright green and crisp tender, approximately 5 minutes. Drain it and run it under cold running water, until completely cold. Transfer the broccoli to a large serving bowl.
2. Add the carrots and dried cherries (or raisins). Set the bowl aside for a moment while you prepare the dressing.
3. For the dressing, whisk together the mayonnaise, milk (or buttermilk), vinegar and sugar.
4. Pour the dressing onto the vegetables and toss well. If necessary, season with kosher salt to taste.

(Note: This salad is best prepared no more than one hour before serving)

**For the best flavor, use ingredients in season from a farmers' market or in winter ask at the supermarket for vegetables grown on a local farm.**

For more information, email [dolcott@challiance.org](mailto:dolcott@challiance.org).

The *Tasty Choices* program, a partnership between Public Health Department nutritionists and the Cambridge Schools' Food Services Department, introduces fresh and appealing foods to school menus. Chef Vin Connelly works with food service staff to develop healthy, seasonal recipes for the city's public schools. The program engages students in taste tests and learning activities. Founding partners are the Cambridge Public Health Department, Cambridge Public Schools, Institute for Community Health, and CitySprouts school gardens. *Tasty Choices* is coordinated by Dawn Olcott, a nutritionist with the Cambridge Public Health Department's School Health Program.

**Do 5-2-1 Every Day!**

**5 servings of fruits & vegetables**

**2 hours or less of TV/screen time**

**1 hour of physical activity**