

## Broccoli Stalk Salad



### Prep:

10 minutes

### Total:

10 minutes

### Makes:

9 servings, approximately 1 cup each

### Utensil:

Saladmaster Food Processor

3.5 Qt. Double Walled Bowl

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Nutrition

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### Recipe Description:

For a fresh fun salad and a creative way to use an entire broccoli stalk, try this lightly sweet broccoli stalk salad. This vegan recipe and summertime salad is an easy way to use up leftover broccoli stalks and turn them into a healthy, delicious meal.

6

broccoli stalks, waffle cut, use Cone #5

2

carrots, strung, use Cone #2

<sup>1</sup>?<sub>2</sub>

cup  
cranberries, dried  
(61  
g) <sup>1</sup>?<sub>4</sub>

cup  
sunflower seeds  
(35  
g) <sup>1</sup>?<sub>2</sub>

cup  
raisins  
(73  
g) <sup>1</sup>?<sub>2</sub>

cup  
walnuts  
(14  
g) <sup>2</sup>?<sub>3</sub>

cup  
vegan mayonnaise  
(160  
g) <sup>1</sup>?<sub>4</sub>

cup  
agave nectar  
(84  
g)

### Directions:

1. Add all ingredients to the doubled walled bowl, except mayonnaise and agave nectar.
2. In a small bowl, stir together mayonnaise and agave nectar until well blended.
3. Pour over salad and stir gently.

Nutritional Information per Serving

**Calories:**

280

**Total Fat:**

9g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

173mg

**Total Carbs:**

41g

**Dietary Fiber:**

4g

**Sugar:**

6g

**Protein:**

5g