

# Roasted Broccoli Salad

## Side Dish



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

---

**Serves:** Approx. 3

**Items Needed:** cutting board, knife, sheet tray, blender or immersion blender

### Salad Ingredients:

- 3 Broccoli crowns broken down
- Caramelized onions or red onion (optional)
- 2 Tbsp Cashews (chopped)

### Dressing Ingredients:

- 2 1/2 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- 1 tsp mustard
- 1 tsp honey
- 1 tsp chopped garlic
- ¼ avocado
- Salt and Pepper to taste

### Directions:

1. Clean Broccoli, chop into small florets and lay out on sheet tray. Spray with oil and sprinkle with a little salt and pepper
2. Roast at 450 degrees for 10-15 minutes or until the tops of the broccoli are starting to brown. Remove from heat and let cool.
3. While roasting gather dressing ingredients. In the bottom of a bowl or blender, add vinegar, mustard, honey, garlic and a touch of salt and pepper. Puree until all ingredients are combined.
4. Stream in the oil and once everything is combined finish with the avocado. Adjust seasoning if needed.
5. Once the broccoli is cool, toss into mixing bowl with caramelized onions and chopped cashews, top with dressing and serve.

### Nutrition Information (per 1 serving):

Calories: 200 Fat: 15 g Carbs: 16 g Protein: 6 g Fiber: 6 g Sodium: 160 mg