



FARMSTAND BROCCOLI CARROT & RED ONION SALAD

SERVES 4

2 cups broccoli, florets and thinly sliced stems*
2 cups carrots, thinly sliced into coins*
½ medium red onion, thinly sliced*
1 sweet pepper, seeded and thinly sliced*
2 tablespoons toasted sunflower seeds

Dressing

½ orange, juice and zest
¼ cup olive oil
1 tablespoon rice vinegar
1 teaspoon sugar
1 teaspoon Dijon mustard
Salt & pepper to taste

Steam broccoli and carrots for 3 minutes. Rinse under cold water until cool, drain then combine with onions and pepper in a large bowl. Combine dressing ingredients in a small jar and shake until well blended. Pour over broccoli mixture and garnish with sunflower seeds.

*Items available at Chicago Downtown Farmstand

