

Savory Broccoli Salad - GF, SF, CF, VEG

Comments:

Beneficial properties of Flaxseed: Anti-inflammatory, bone protective, lowers cholesterol, contain lignans which promote women's health and may fight breast cancer, and contain ALA an omega-3 fatty acid which helps soothe inflammation. A good source of fiber, manganese, folate, B6 and magnesium which protects the heart and soothes the nervous system.

Ingredients:

1 bunch broccoli chopped
1 large carrot shredded
1/4th red onion thinly sliced
2 tbsp ground flaxseed
1/2 cup toasted sesame or walnuts
2 tbsp raw jarred tahini
1 clove garlic minced or 1/2 tsp garlic powder
juice of two lemons
sea salt to taste

Directions:

Steam chopped broccoli for five minutes until tender crisp.
Set broccoli aside in a bowl with the shredded carrot and sliced onion.
Toast seeds or nuts in a dry skillet on medium low heat until golden – about five minutes.
In a separate bowl combine 2 tbsp tahini with lemon juice, minced garlic and salt.
Drizzle over broccoli mixture. Stir in ground flax meal.
Sprinkle with toasted seeds.
May be served warm or chilled.

Submitted by: Kaela 08/09