

Foodnity Recipes

Best Broccoli Salad Recipe

15 min	15 min	4
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Main Ingredients

- [ ] 4 cups broccoli florets, washed and trimmed
- [ ] 1/2 cup red onion, thinly sliced
- [ ] 1/4 cup sunflower seeds
- [ ] 1/4 cup dried cranberries (optional)
- [ ] 2 tbsp lemon zest

Dressing

- [ ] 3 tbsp apple cider vinegar
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp honey
- [ ] 1 tsp Dijon mustard
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. In a large bowl, combine broccoli florets and sliced red onion.
2. In a small jar, whisk together apple cider vinegar, olive oil, honey, Dijon mustard, salt, and pepper until emulsified.
3. Pour the dressing over the vegetables, toss gently, then fold in lemon zest, sunflower seeds, and dried cranberries if using.
4. Let the salad rest for 10 minutes to allow flavors to meld, then serve chilled or at room temperature.

Nutrition per serving

180 kcal	5 g	20 g	9 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a zestier bite, increase lemon zest by an extra teaspoon.
> - For extra crunch, toast sunflower seeds lightly before adding.
> - Adjust honey to taste; the dressing should be bright, not overly sweet.