

Raw Broccoli Salad

Ingredients:

6 cups chopped broccoli

1 medium yellow onion (or onion of your preference)

1 ½ cups black beans

Using a food processor, place the broccoli in the machine and process into very chopped broccoli. Cut the onion into quarters and do the same, using a food processor chop the onions very fine. Can be done by hand, make sure broccoli is chopped very fine and also the onion.



Place in a bowl with cooked rinsed black beans (can use more or less according to your taste).

Use either the Good For You Dip/Dressing or the Tofu Sour Cream dressing and add according to your taste, should be moist but not soggy.

Alternative to black beans you could use any bean, such as kidney, garbanzo, etc. Be creative and daring, it's always good to vary our foods and not eat only the same limited things. All natural foods have different vitamins, minerals and proteins that are good to vary in the diet.

Additional option is to add sunflower seeds to the salad.

Very quick and easy healthy salad. Enjoy