

Broccoli, Raisin, and Walnut Salad

FLAVOR PROFILE: EUROPEAN/MEDITERRANEAN

SERVES 4–6

Broccoli is popular in both Asian and Western cuisines, and it can take on different flavor profiles depending on the ingredients with which it's prepared. This is a good use for USDA commodity raisins and walnuts, but dried cranberries or cherries could be used as well. Toasting the walnuts deepens the flavor and aroma of the nuts.

What you need:

- 4 CUPS BROCCOLI FLORETS (ABOUT 4 CROWNS OF BROCCOLI)
- 1 ½ CUPS RAISINS
- 1 CUP WALNUTS, TOASTED AND COARSELY CHOPPED
- ½ to 2/3 CUP MAYONNAISE
- ¼ to 1/3 CUP 2% OR NONFAT MILK
- 2–3 TEASPOONS (TSP) SUGAR
- 2–3 TSP RED WINE VINEGAR

What to do:

1. Cut the broccoli florets in half or, if large, in quarters.
2. Combine them in a bowl with the raisins and walnuts.
3. In another bowl, mix together the mayonnaise, milk, sugar, and vinegar to make a dressing.
4. Taste. It should be a combination of sweet and tart.
5. Pour this over the broccoli mixture in the bowl and toss to coat well.

SUGGESTION: To create an Asian flavor profile, use water chestnuts and sweet red peppers and dress with a soy-ginger vinaigrette instead of using raisins and mayonnaise.