

## Broccoli salad

### Ingredients:

1lb of broccoli finely chopped  
1/2 cup of sunflower seeds or pine nuts toasted  
1/2 red onion finely chopped  
1/2 cup of either Parmesan cheese or strong cheddar grated  
1/2 cup of cranberries or sour cherries  
Mix all the above ingredients together (I sometimes add small amounts of raw courgettes or cauliflower finely chopped.)

### Dressing:

Mix together the following and then stir into the salad:  
1/3 cup of virgin olive oil  
2 tbsp of cider or apple vinegar  
1 tbsp of mustard  
1 tbsp of honey  
1 medium garlic glove pressed (optional)  
1/4 tsp of salt

*This salad is one of Caroline's favourites.  
She says it is better kept overnight and is a great way of using small amounts of leftover green vegetables.  
Enjoy!*

