



BROCCOLI SALAD

 @Gleanersfan



Color your meal!



MyPlate.gov

Ingredients:

1 medium head of broccoli, bite sized chopped

¼ cup apple cider vinegar

¼ cup light mayonnaise

1 tablespoon sugar

½ Onion, chopped

½ cup raisins

½ cup pumpkin seeds

Directions:

1. Make the dressing by mixing apple cider vinegar, mayonnaise and sugar.
2. Chop the broccoli and the onion and mix together in a bowl.
3. Add the raisins and pumpkin seeds or substitute by any other seed of your preference.
4. Combine altogether with the dressing and enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
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Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773


F.O.R.
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HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

food BANK **MiDHHS**
Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!