

# Buttermilk Broccoli Salad

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Broccoli

Almonds and

Cranberries

Red Onion

Buttermilk Dressing

## Put It All Together

Toss the **Broccoli, Almonds and Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

## Good to Know

### **Health Snapshot per serving (serves 2)**

240 Calories, 12g Fat, 21g Carbs, 7g Protein  
8 Smart Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds,  
Cider Vinegar, Sugar

**Mez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**