



BODYBUILDING.COM™

Broccoli Orange Slaw

Ingredients:

Broccoli, 4 oz.
Red grapes, 1 oz.
Egg, hard-boiled, 1
Orange juice, 1/2 orange
Olive oil, 1 tbsp
Rice wine vinegar, 1 tbsp
Sunflower seeds, 1 tbsp
Salt, to taste
Black pepper, to taste

Directions:

1. Separate broccoli florets from the stems.
2. Blanch florets in boiling, salted water for about two minutes. Refresh in cold water.
3. Add sliced grapes, grated egg yolk, and grated egg whites. Add seeds.
4. Combine olive oil and rice wine vinegar. Mix with a whisk to form the base of your dressing. Add salt and pepper, then squeeze in orange juice.
5. Add dressing to dish. Plate and serve.