



---

## Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# Broccoli Salad With Creamy Feta Dressing

**Prep Time:** 15 mins

**Total Time:** 15 mins

## Ingredients

- 1/3 cup(s) cheese, feta, crumbled
- 1/4 cup(s) yogurt, fat-free plain
- 1 tablespoon lemon juice
- 1 clove(s) garlic, minced
- 1/4 teaspoon pepper, black ground
- 8 ounce(s) broccoli, crowns, trimmed and finely chopped
- 7 ounce(s) beans, garbanzo (chickpeas), rinsed
- 1/2 cup(s) pepper(s), red, bell, chopped

## Preparation

1. Whisk feta, yogurt, lemon juice, garlic and pepper in a medium bowl until combined.
2. Add broccoli, chickpeas and bell pepper; toss to coat. Serve at room temperature or chilled.