

Charred Broccoli with Almonds & Cherries

With many layers of texture and flavor, this creamy broccoli salad recipe is a delicious vegetable side that pairs with almost anything. If you can't find dried cherries, try cranberries or currants.

Source: EatingWell Magazine, May/June 2017



Recipe Summary

active: 15 mins

total: 25 mins

Servings: 6

Ingredients

Ingredient Checklist

- 10 cups broccoli florets (about 1 1/2 pounds)
- 6 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon kosher salt
- 1/3 cup skin-on sliced almonds
- 2 teaspoons minced garlic
- 2/3 cup whole-milk plain yogurt
- 1/2 cup dried cherries

Directions

Instructions Checklist

- Step 1

Position an oven rack in lowest position; preheat broiler to high.

- Step 2

Toss broccoli with 1 tablespoon oil and salt in a large bowl. Spread evenly on a large rimmed baking sheet. Roast on the lowest rack until tender and charred in spots, 10 to 20 minutes, depending on the strength of your broiler.

- Step 3

Combine almonds and garlic with the remaining 5 tablespoons oil in a small skillet. Cook over medium-low heat, stirring frequently, until just starting to brown, 5 to 7 minutes. Scrape the mixture into a serving bowl. Stir in yogurt and cherries.

- Step 4

Add the broccoli and stir to coat with the dressing. Serve room temperature or cold.

Nutrition Facts

Serving Size: 2/3 cup

Per Serving:

250 calories; protein 5.6g 11% DV; carbohydrates 19.4g 6% DV; dietary fiber 4.4g 18% DV; sugars 10.4g; fat 17.9g 28% DV; saturated fat 2.8g 14% DV; cholesterol 3.5mg 1% DV; vitamin a iu 3806.3IU 76% DV; vitamin c 108.7mg 181% DV; folate 86.2mcg 22% DV; calcium 108mg 11% DV; iron 1.3mg 7% DV; magnesium 48.6mg 17% DV; potassium 502.4mg 14% DV; sodium 285.1mg 11% DV; added sugar 8g.

Exchanges: 1 vegetable, 3 1/2 fat, 1/2 fruit

<http://www.eatingwell.com/recipe/257804/charred-broccoli-with-almonds-cherries/>