

Broccoli, Cherry Tomato, and Watercress Salad

From The New American Plate Cookbook



2 cups small broccoli florets
½ tablespoon red wine vinegar, or to taste
1 tablespoon extra-virgin olive oil
½ teaspoon minced garlic
Salt and freshly ground black pepper
2 cups halved cherry tomatoes
1 bunch watercress, stems removed and leaves washed

In a vegetable steamer set over boiling water, steam the broccoli, covered, for about 4 minute, until tender. Rinse the broccoli with cold water and drain well.
In a large bowl, whisk together the vinegar, olive oil, garlic, and salt and pepper to taste. Add the broccoli, tomatoes, and watercress. Toss to blend and serve.

Makes 4 servings.

Per serving:

56 Calories

4g Total Fat (less than 1g Saturated Fat)

6g Carbohydrates

2g Protein

2g Dietary Fiber

18mg Sodium