Broccoli Salad

INGREDIENTS:

2 heads fresh broccoli  
½ c. red onion, chopped  
½ c. sunflower seeds  
1 c. shredded part-skim mozzarella cheese  
2 ½ Tbsp. vinegar  
¼ c. sugar  
1 c. low-fat mayonnaise

DIRECTIONS:

Chop broccoli into bite-sized pieces.

Mix broccoli, onions, sunflower seeds and mozzarella in large bowl.

In separate bowl, combine vinegar, sugar and mayonnaise.

Pour over broccoli mixture and toss to coat.

NUTRITION:

Makes 12 servings. Each serving has 130 calories, 5 g fat, 7 g protein, 16 g carbohydrate, 3 g fiber and 280 mg sodium.