



Broccoli Sun Dried Tomato Salad

The colors in this salad bring a festive feel any time of year. Shallots are becoming more available and their full but subtle flavor makes them worth the trouble to find. There isn't much agave in the recipe and honey can be used as an alternate, but agave nectar is a staple for the healthy pantry—it's low on the glycemic index and has a milder sweet flavor. If you don't already have the recipe for "Pine Nut Sour Crème," check the Vegan Culinary Academy Web Site to find it.

Serves 6-8

Broccoli florets, small diced	4 cups
Shallots, minced	2-4 Tbsp.
Sun Dried Tomatoes, julienne	½ cup
Olive Oil	3 Tbsp.
Lemon Juice, fresh	3 Tbsp.
Agave Nectar	2 Tbsp.
Salt	1 tsp.
Raisins	½ cup
Sunflower Seeds, raw	½ cup
Natural Thick Sliced Almonds	½ cup
Pine Nut Sour Crème	½ cup

1. Prepare first three ingredients and put in a medium size bowl.
2. Whisk Olive Oil, Lemon Juice, Agave, and Salt to combine.
3. Pour over prepared broccoli mixture.
4. Cover and marinate at least one hour. This part of the salad may be prepared 24 hours in advance.
5. When ready to serve, add sunflower seeds, sliced almonds, and Pine Nut Sour Crème. Toss Lightly.

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