



Salad

LIVE WELL
ALABAMA

#EatBetter

Roasted Broccoli Salad with Almonds

Helpful Hints

Keep your eye on the almonds before they become too crisp! Almonds can burn quickly.

Dark green veggies like spinach and broccoli are packed with nutrients and low in calories.

Florets are the flowering heads of a broccoli plant. When cut, they look like little trees.

extension

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Roasted Broccoli Salad with Almonds

Serves 10

Ingredients

Cooking spray

3 tablespoons oil, divided

2 tablespoons vinegar

4 teaspoons soy sauce

3 tablespoons orange juice

1 teaspoon garlic powder

1 pound broccoli, fresh or frozen, cut into florets

1 cup edamame

$\frac{1}{4}$ cup sliced almonds

1 cup crunchy chow mein noodles

4 cups spinach, chopped

2 green onions, sliced

Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with foil. Spray foil with cooking spray.
2. For the dressing, mix 2 tablespoons of oil, vinegar, soy sauce, orange juice, and garlic powder. Set aside.
3. Toss broccoli and edamame with remaining oil. Spread broccoli and edamame mixture on baking sheet.
4. Roast broccoli and edamame for 25 minutes, stirring after 10 minutes. With 5 minutes left, sprinkle sliced almonds over broccoli and roast. Remove from oven and let cool.
5. Once the broccoli mixture is cooled, put in bowl, and add chow mein noodles, spinach, and sliced green onions. Stir to combine.
6. Drizzle the dressing and stir until everything is coated. Serve immediately.