

BROCCOLI-CASHEW SALAD

from [Prevention](#)

(serves 4)

Ingredients

- 3 Tbsp canola **mayonnaise**
- 1 Tbsp **red** or **white wine vinegar**
- 1/8 tsp **salt**
- 2 cups **broccoli florets**, cut into small, uniform pieces
- 1/2 cup roasted, unsalted **cashews**
- 1/4 cup slivered **red onion**
- 1/2 tsp **red-pepper flakes**

Instructions

- 1.** Combine mayonnaise, vinegar and salt in a large serving bowl.
- 2.** Whisk until smooth.
- 3.** Add the broccoli, cashews, onion and red-pepper flakes.
- 4.** Toss to coat.
- 5.** Refrigerate until ready to serve.