

Seeds are great for snacking or adding a crunchy nutritional boost to yogurt, smoothies, grains, soups or salads. Eating raw seeds or toasting your own seeds can help limit calories, oils, salt and other additives. Some seeds can be stored in your pantry or cupboard, but those with higher oil contents such as flax, chia, hemp, pepitas, sunflower and sesame, should be stored in the refrigerator or freezer to prevent from going rancid.

The following recipe contains a couple of varieties of seeds—poppy seeds and sunflower seeds. This can be served as a delicious lunch or as a side for dinner to avoid heating up the house on hot days this summer.

Lemon Poppy Seed Broccoli Salad



Serves 6-8 as a side

Ingredients:

Salad

- 2 heads of broccoli (~4 ½-5 cups)
- ¼ cup dried cranberries
- ½ cup sliced almonds
- ½ cup toasted and salted sunflower seeds
- 1 small package (8 oz.) sharp cheddar cheese

Dressing

- 1 cup light mayo
- 1 T. red wine vinegar
- 2-4 T. sugar
- 1 large lemon
- ½ T. poppy seeds

Directions:

1. Remove the stems from the broccoli and cut into very small pieces. Fill up a bowl with very cold water and a few cups of ice.
2. Bring a pot of water to boiling point. Add in salt

3. Pour broccoli into boiling water for 30 seconds. Drain the broccoli and pour the broccoli into ice water bath.
4. Allow the broccoli to sit in the cold water until completely cooled. Then remove with a slotted spoon to a salad spinner or bowl.
5. Make sure the broccoli is completely dried before tossing it with anything else (especially the dressing).
6. Add the cranberries, almonds, sunflower seeds, and sharp cheddar cheese (that has been cut into very small cubes) to the bowl with the broccoli.
7. In a bowl, whisk together mayo, red wine vinegar, sugar, zest of one lemon, and about 1 tablespoon of lemon juice.
8. Add some salt and pepper, taste, and add more sugar (1-2 more tablespoons) or lemon to personal preference (not too much lemon or the dressing becomes too watery). Whisk in the poppy seeds.
9. Toss the dressing with the salad and place in the fridge to marinate for at least 15-30 minutes. Enjoy!