Broccoli/Cauliflower Salad

Submitted by Anna of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 2 heads fresh broccoli, chopped
- 1 head fresh cauliflower, chopped
- ½ cup chopped red pepper
- ½ cup chopped green pepper
- ½ red onion, chopped
- ½ cup green olives
- 1 cup tomatoes, chopped (optional)
- 2 tsps. Fresh-squeezed lemon
- 1 cup reduced fat sharp cheddar cheese, shredded
- 1 cup reduced-fat ranch dressing

**Preparation:**
1. Mix all ingredients together in a large bowl and toss with reduced fat ranch dressing.
2. Refrigerate until serving.

Chicken Waldorf Salad

Adapted from allrecipes.com and submitted by Janie of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- ½ cup chopped walnuts
- 2 cooked rotisserie chicken breasts, cubed
- 1 cup seedless red grapes, halved
- ½ cup dried cranberries
- ½ Granny Smith apple, cored and cubed
- ¼ cup chopped red onion
- ¼ cup mayonnaise
- ½ cup vanilla yogurt
- 2 tsps. lemon juice

**Preparation:**
1. Preheat oven to 325 degrees F (165 degrees C).
2. Spread chopped walnuts onto a baking sheet.
3. Roast walnuts in the preheated oven until they are fragrant and browned, 3-5 minutes. Remove and let cool.
4. Lightly toss chicken with grape halves, cranberries, apple, walnuts, and onion in a salad bowl. Whisk mayonnaise, vanilla yogurt, and lemon juice in a separate bowl. Pour dressing over salad and toss again to coat.