



WATERCREST

SENIOR LIVING



The Chef's Corner

All About the Super Foods

Providing choices and keeping things fresh means more than using a variety of the freshest ingredients. Adding to the culinary experience at Watercrest, our chefs tease our taste buds with daily Chef Specials.

The month of September brings a variety of colorful vegetables. Considered one of the most nutritious vegetables around, broccoli is packed with essential vitamins and minerals. This superfood boasts more protein than most vegetables and is loaded with fiber promoting gut health, antioxidants proven to help fight cancer, vitamin C to aid in iron absorption, and is also a great source of calcium. Broccoli also contains high amounts of vitamin K1 which is important for blood clotting and bone health in addition to being very low in calories.

A favorite among Watercrest residents and guests alike, our Chef's seasonal salad pairs fresh broccoli with cranberries and almonds – quite the delectable and healthy combination! For an additional boost of protein, consider adding grilled chicken or crispy chopped bacon.

From our Chef's Corner to your table, enjoy this superfood salad recipe and see for yourself why this is a Watercrest favorite!

Cranberry - Almond Broccoli Salad

Yield: 8 servings

Total Time: 1 hour 15 mins

Ingredients:

- 1/4 cup finely chopped red onion
- 1/3 cup mayonnaise
- 3 tablespoons Greek yogurt
- 1 tablespoon cider vinegar
- 1 tablespoon honey
- 1/4 teaspoon ground black pepper
- 1/4 cup coarsely chopped broccoli
- 1/3 cup dried cranberries
- 1/3 cup almonds
- Optional: Add grilled chicken or 1/2 cup cooked chopped bacon

Directions:

1. Soak red onion in cold water for 5 minutes and drain
2. Combine mayo and the next 5 ingredients, stir well with a whisk
3. Stir in red onion, broccoli and remaining ingredients
4. Cover and chill 1 hour before serving