



## Orange, Tomato, Broccoli, and Sweet Onion Salad with Orange Vinaigrette

2 cups broccoli florets (225 grams), cut into  $\frac{3}{4}$ -inch pieces  
3 large oranges (550 grams)  
2 large tomatoes (365 grams), coarsely chopped  
 $\frac{1}{2}$  cup diced sweet onion (such as Vidalia or Maui)  
 $\frac{1}{4}$  cup sliced fresh basil  
2 Tablespoons vegetable oil  
1  $\frac{1}{2}$  Tablespoons red wine vinegar  
1  $\frac{1}{2}$  teaspoons grated orange peel  
Salt and pepper

Steam broccoli until crisp-tender, about 3 minutes. Place broccoli in large bowl. Cut peel and white pith from oranges. Holding oranges over small bowl to catch juice, cut between membranes to release segments. Cut each orange segment crosswise into 3 pieces. Add orange pieces, tomatoes, onion, and fresh basil to bowl with broccoli.

Add oil, vinegar, and orange peel to bowl with collected orange juice; whisk to blend. Season to taste with salt and pepper. Pour vinaigrette over broccoli mixture and toss to coat.

Per recipe: 425 mg phe, 16 g protein, 640 calories  
Per  $\frac{1}{2}$  cup serving: 28 mg phe, 1 gram protein, 43 calories

### Variations:

- Use 2  $\frac{1}{2}$  cups canned mandarin oranges (drain juice) instead of 3 large oranges
- Use 360 grams cherry tomatoes (about 25 cherry tomatoes) instead of 2 large tomatoes; cut cherry tomatoes in half or quarters.

Adapted from Bon Appetit, June 2002, Cooking for Health.



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