

Broccoli Salad with Lemon Vinaigrette (from 12 Best Foods Cookbook) **(Good on days 1, 2, 3, 4, 8, 9, 10)**

(Makes 4 servings)

- 4 cups large broccoli florets**
- 1 large carrot, cut diagonally into 1/2" slices**
- 2 tsp sherry vinegar (you can substitute another type)**
- 1 tbsp finely chopped shallot**
- 1/2 tsp dried oregano**
- 1/2 tsp sea salt**
- 1 tbsp extra-virgin olive oil**
- freshly ground black pepper**

1. Steam the broccoli and carrot together until they are bright but still crisp, 2 minutes. Drain, and drop the vegetables into a bowl of ice water until chilled. Drain them well. You can do this up to 24 hours ahead, storing the vegetables tightly covered in the refrigerator.
2. For the dressing, combine the lemon juice, shallot, oregano, and salt in a large mixing bowl. Whisk in the oil. Season the dressing to taste with pepper.
3. Add the broccoli and carrots to the bowl and toss to coat with the dressing. This salad is best served the day it is made.