

Broccoli Cashew Salad with Apples and Pears: Crunchy, Creamy, and Naturally Sweet

If you're craving a salad that's anything but boring, this



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30 min

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INGREDIENTS

For the Salad:

5 cups broccoli florets, chopped into small bites

1 apple, cored and diced

1 pear (firm), cored and diced

... cup red onion, finely diced

1 cup cashews, toasted or roasted

1 cup dried cranberries

For the Creamy Dressing:

% cup mayonnaise

% cup sour cream, Greek yogurt, or kefir

2 tbsp lemon juice

... cup honey (warm slightly for easy mixing)

... tsp salt

DIRECTIONS

1. Prep the Salad Ingredients: Wash and chop broccoli into bite-sized pieces. Dice the apple and pear into even cubes so they blend well with the salad texture. Finely dice the red onion for just the right punch without overpowering.
2. Add everything - broccoli, apple, pear, onion, cashews, cranberries - into a large bowl.
3. Make the Creamy Dressing: In a separate bowl, whisk together:
4. Mayonnaise
5. Sour cream / : Greek yogurt / kefir
6. Lemon juice
7. Warm honey
8. Salt
9. Mix until smooth and creamy. Taste and adjust with a splash more honey or lemon to your liking.
10. Toss It All Together: Pour the dressing over the salad bowl. Toss gently but thoroughly until every bite is coated.
11. Chill: Cover and refrigerate for at least 30 minutes before serving. This melds the flavors beautifully.

SWAPS & NOTES

& Swaps Broccoli : Use fresh only - frozen broccoli will be too soft.

Fruit : A firm Bartlett pear and crisp Honeycrisp or Gala apple work best.

Nuts : Toasting the cashews enhances their nuttiness.

Sub with almonds or sunflower seeds if preferred.

TIPS FOR SUCCESS

Toast the Cashews : Add raw cashews to a dry skillet over medium heat.

Stir for 4-6 minutes until fragrant and lightly golden.

Prevent Browning : A tiny squeeze of lemon juice over the apple and pear before mixing helps keep them fresh.

Make Ahead : You can prep everything (except dressing) the night before.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/broccoli-cashew-salad-with-apples-and-pears-crunchy-creamy-and-naturally-sweet/>