



Broccoli Salad

Source: *Cooking with Extension Cookbook* | **Yield:** 8 (½ cup) servings; 110 Calories per serving.
Total fat 3g; Protein 3g; Total carbohydrate 18g; Dietary fat 3g, Sodium 210mg. | *Excellent source of vitamin C. Good source of vitamin A*

INGREDIENTS:

- 1 bunch broccoli or ½ bunch broccoli and ½ head of cauliflower, washed and cut into pieces
- 2 pieces of bacon, cooked crisp and crumbled
- ¼ cup onion, chopped
- ½ cup raisins
- ½ cup low-fat mayonnaise (or plain non-fat yogurt)
- 2 tablespoons cider vinegar
- 2 tablespoons sugar

DIRECTIONS:

1. Make dressing of mayonnaise, vinegar and sugar.
2. Combine broccoli, bacon, onion, and raisins.
3. Stir in dressing.
4. Cover and refrigerate for at least 1 to 2 hours to allow flavors to blend.