

## Broccoli and Cheese Salad

### Ingredients:

- 4 turkey bacon slices
- 2 heads broccoli, fresh, cut in to bite size pieces
- 1 small red onion, thinly sliced
- 1/2 cup raisins
- 1/2 cup walnuts
- 6 ounces low-fat yogurt, plain
- 1/4 cup sugar
- 2 tablespoons vinegar
- 4 ounces cheddar cheese, low-fat, shredded

### Equipment:

- Non stick skillet
- Cutting board
- Knife
- Large salad bowl
- Grater
- Measuring cups
- Measuring spoons

Number of Servings: 8  
 Prep Time: 15 minutes  
 Total Time: 15 minutes

### Directions

1. Cook turkey bacon according to package directions in skillet. Place on a plate covered with paper towels to drain fat.
2. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to large salad bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, making thin slices. Separate rings and add to bowl.
4. Chop bacon and walnuts into small pieces. Add to bowl. Mix in raisins.
5. To make a dressing, mix together yogurt, sugar and vinegar in a small bowl and mix well. Pour over salad. Toss well.
6. Grate cheddar cheese into small pieces with a grater, sprinkle on top of salad.

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| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size: 1/2 cup                                    |                      |
| Servings: 8  |                      |
| Amount Per Serving                                       |                      |
| Calories 199   | Calories from Fat 72 |
| %Daily Value*  |                      |
| <b>Total Fat</b> 8g                                      | <b>12%</b>           |
| Saturated Fat 1g   | 7%                   |
| <b>Cholesterol</b> 10mg                                  | <b>3%</b>            |
| <b>Sodium</b> 231mg                                      | <b>10%</b>           |
| <b>Total Carbohydrate</b> 26g                            | <b>9%</b>            |
| Dietary Fiber 5g   | 22%                  |
| <b>Protein</b> 12g                                       | <b>24%</b>           |
| Vitamin A 92%  | Vitamin C 238%       |
| Iron 11%   | Calcium 17%          |
| *Percent Daily Values are based on a 2,000 calorie diet. |                      |

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