

## Broccoli Salad

### Ingredients:

- 8 turkey bacon slices, cooked and crumbled
- 2 stalks, or six cups chopped broccoli
- 1 medium red onion
- 1 cup raisins
- 1/2 cup reduced-calorie mayonnaise
- 2 tablespoons sugar
- 2 tablespoons lemon juice

### Directions

1. In a non stick skillet, cook turkey bacon until browned. Drain on plate covered with paper towels to absorb oil. Set aside to cool.
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. Place in large bowl.
3. Cut the ends off of the onion, and peel off the brown layers. 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, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to large bowl.
4. Crumble bacon into small pieces and add to bowl. Measure raisins and add to bowl.
5. In a separate bowl, mix nonfat mayonnaise, lemon juice and sugar together. Pour over broccoli mixture and mix well. Chill for 1 to 2 hours. Serve.

### Equipment:

- Non-stick skillet
- Spatula
- Cutting board
- Knife
- Measuring cup
- Measuring spoons
- Mixing bowl
- Mixing spoon

Number of Servings: 8  
 Prep Time: 20 minutes  
 Total Time: 2 hours & 20 minutes

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
<b>Amount Per Serving</b>	
<b>Calories 126</b>	Calories from Fat 27
<b>%Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	4%
<b>Cholesterol 12mg</b>	<b>4%</b>
<b>Sodium 202mg</b>	<b>8%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 3g	11%
<b>Protein 5g</b>	<b>9%</b>
Vitamin A 32%	Vitamin C 89%
Iron 6%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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