

BROCCOLI SALAD

Makes 8 Servings

Ingredients

6 cups broccoli, chopped
1 cup raisins
1 red onion, peeled and diced
2 tablespoons sugar

8 slices bacon, cooked and crumbled
2 tablespoons lemon juice
 $\frac{3}{4}$ cup low-fat mayonnaise

Directions

1. Combine all ingredients in a medium bowl. Mix well.
2. Chill for 1 - 2 hours. Serve.

Nutrition Facts: Serving size $\frac{1}{2}$ cup, Calories 209, Total Fat 11g, Sodium 361 mg, Total Carbohydrate 25g, Dietary Fiber 3g, Protein 6g

What to look for

- Firm, compact clusters of small flower buds (flowerets). Flowerets should be dark green and may have a purplish cast.
- Avoid thick, tough stems. If the flowerets are enlarged, opened, yellowish-green or wilted, then the broccoli is not fresh.
- Never buy broccoli that is soft or slippery. This is a sign of spoilage.

How to store

- Refrigerate fresh broccoli in a plastic bag right after purchase. Use broccoli within 3 days of purchase, since the vitamin content will decrease the longer it is stored.
- Wash, don't soak, broccoli in cool running water just before preparing.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.