

# Broccoli Salad

## Ingredients

3 cups broccoli florets  
½ cup raisins  
2-3 slices of bacon (fried, crumbled)  
½ cup red onion (diced)  
½ cup sunflower seeds

## Directions

Mix together in a large bowl. Set aside.

## Ingredients for Sauce

2 tablespoons sugar  
1 tablespoon apple cider vinegar  
¾ cup plain yogurt or mayonnaise

## Directions

Combine sugar and vinegar and stir to dissolve.  
Stir in yogurt until well-blended.  
Pour over the broccoli mixture and stir together.



## MIX IT UP

Eat some raw and some steamed. Steam for no longer than 5 minutes, at most.

Wash, but up, and store in a plastic bag for up to five days in the fridge. The sooner you use it, the more nutritious it is.

Toss pasta with olive oil, pine nuts and steamed broccoli.

Add broccoli to omelets.



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