

# BROCCOLISALAD

Loren C Dietitian ©

## INGREDIENTS

- 1 whole head broccoli
- 2 rashers bacon (lean part only)
- 1/4 cup slithered almonds
- 1 handful sultanas
- 1/4 red onion - very finely sliced
- 1/4 cup low fat mayonnaise (dressing)
- 2 tablespoons white vinegar (dressing)

## METHOD

1. Zap the broccoli (in water) in the microwave for 2-3 minutes
2. Cut broccoli (including stalk) into tiny pieces and place in a bowl
3. Cut bacon into small pieces, pan fry and add to broccoli
4. Add sultanas and finely diced onion into the salad
5. Roast the almonds for 2 minutes and add to the salad
6. Dressing: mix mayonnaise and vinegar and stir through the salad
7. Serve with a source of protein (eg - chicken, tuna, beef)

Best served 1/2 an hour to an hour after mixing the dressing through.

Serves 2