

Alyson's Broccoli Salad



Confirmed broccoli haters have changed their minds after tasting this salad. It is great for potlucks or buffet meals. Make a day or so before you wish to serve to meld the ingredients. I have used sugar substitutes for the white sugar and also used nonfat or low-fat mayonnaise and it still tastes great!

Prep: 15 mins

Cook: 15 mins

Total: 30 mins

Servings: 6

Yield: 6 servings



Ingredients

10 slices bacon
1 head fresh broccoli, cut into bite size pieces
¼ cup red onion, chopped
½ cup raisins
3 tablespoons white wine vinegar
2 tablespoons white sugar
1 cup mayonnaise
1 cup sunflower seeds

Directions

Step 1

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Step 2

In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.

Step 3

Before serving, toss salad with crumbled bacon and sunflower seeds.

Nutrition Facts

Per Serving: 559 calories; protein 12.9g; carbohydrates 23.9g; fat 48.1g; cholesterol 30.8mg; sodium 583.5mg.