

BROCCOLI DELIGHT

1 large bunch broccoli, chopped (4-5 cups)
½ cup purple onion, chopped
1 cup raisins or crasins
½ cup mayonnaise
3-4 tablespoons sugar
2 tablespoons apple cider vinegar
10 slices cooked bacon, crumbled
1 cup sunflower seeds

Mix the first 3 ingredients and refrigerate overnight. Blend together the mayonnaise, sugar and vinegar. Pour over salad 1 hour before serving. Toss in bacon and sunflower seeds just before serving.

Just a reminder:

The salad I made today used the following substitutions to decrease the calories:

Turkey Bacon and Low-Fat Mayonnaise