

Broccoli Salad

Courtesy of Carole's Creations

Prep Time: 30 min. Chill 2 hours

Serves: 8-10

CChints: Most stores sell broccoli in bunches contain at least 2 and usually 3 stalks. It is available year round but watch for it to be on sale. You can also purchase it pre-cut in some stores. This recipe is great anytime of the year and goes well with picnic type meals and is a real pleaser at pot luck functions.



Salad:

1 cup Golden Raisins

1 bunch broccoli, 6 cups chopped

1 can sliced Water Chestnuts, chopped

1 small purple onion, diced

Crumbled bacon, 5 slices or 4 T pre-cooked bacon pieces in a jar

1/2 teaspoon salt and a dash of pepper (added to the salad at the very end)

Dressing:

2 tablespoons sugar or sugar substitute

1 tablespoon apple cider vinegar

1 cup reduced-fat Mayonnaise

To make the salad, add raisins to 1-1/2 cup hot water. Let sit for 30 minutes to allow the raisins get plum. While they are sitting you can start on the rest of the salad.

Cut the broccoli into small bite size pieces and put in a very large mixing bowl. Use the heads/flowers and as much of the stock as you wish. Make sure to peel off the outer surface of the stalk, as it can be tuff. Add in the water chestnuts, onion and bacon, blend well.

To make the Dressing, combine the sugar and vinegar in a small bowl and stir until the sugar dissolves. Stir in the mayonnaise and blend well.

Add the dressing to broccoli mixture and stir until the broccoli pieces are evening coated. If the dressing doesn't seem to cover it all prepare 1/4 of the dressing recipe using 1 teaspoon sugar, 1/2 teaspoon vinegar and 1/4 cup mayonnaise and mix in enough to evenly coat the salad.

Cover and refrigerate for 2 hours to allow flavors to blend. Served chilled or at room temperature. This keeps well in the refrigerator for up to 5 days. Stir before serving.