

BROCCOLI SALAD

Source: CCE Onondaga County SNAP-Ed NY

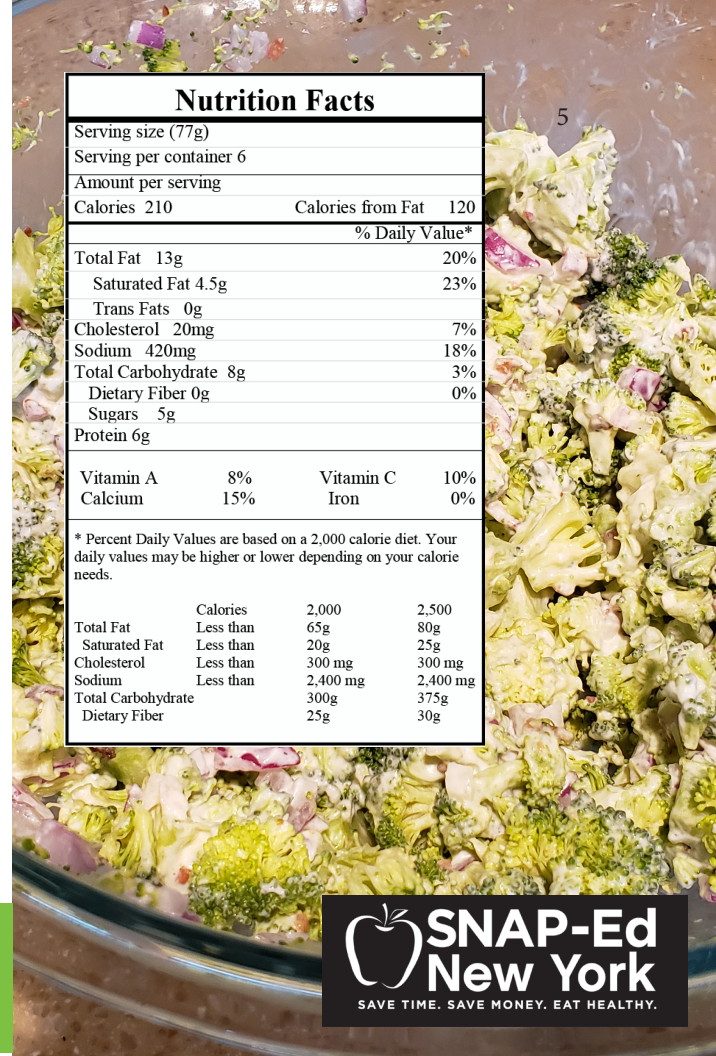
Ingredients:

- ½ lb. Turkey bacon or 2 Tbsp. Bacon bits
- 5-6 cups chopped broccoli, bite-size pieces
- 1 small red onion, diced
- 1 (4 oz.) pkg. shredded part-skim mozzarella cheese, optional
- 2 Tbsp sugar or honey
- 3 Tbsp vinegar (red wine or apple cider)
- ⅔ cup light mayonnaise
- (Optional add-ins: 1 carrot shredded, ½ dried cranberries, ¼ c. sunflower seeds)

Instructions:

1. Cook bacon, cool and crumble into a bowl. If using bacon bits, mix in with other ingredients.
2. Add cut broccoli to bacon. Add onion and cheese, and mix together.
3. In a separate bowl, mix together sugar, vinegar and mayonnaise.
4. Add mayonnaise mixture to broccoli, mix well.
5. Chill several hours. Stir before serving. Enjoy!

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.



Nutrition Facts			
Serving size (77g)			
Serving per container 6			
Amount per serving			
Calories	210	Calories from Fat	120
% Daily Value*			
Total Fat	13g		20%
Saturated Fat	4.5g		23%
Trans Fats	0g		
Cholesterol	20mg		7%
Sodium	420mg		18%
Total Carbohydrate	8g		3%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	6g		
Vitamin A	8%	Vitamin C	10%
Calcium	15%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Calories	2,000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300 mg	300 mg
Total Carbohydrate	Less than	2,400 mg	2,400 mg
Dietary Fiber		300g	375g
		25g	30g

