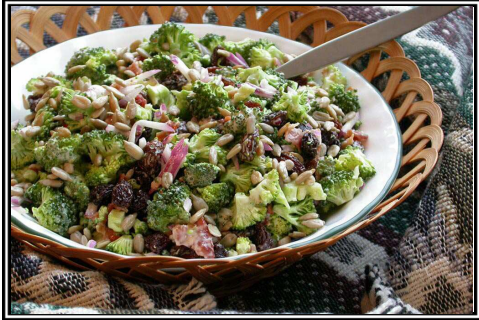


company's coming, healthwise, potluck favourites, salads,
side dish, vegetables & legumes

Broccoli Salad

Marg La Rue's Collection



This colourful, nutritious salad "puts together" in a flash, and, most importantly, tastes great! It's perfect for a summer barbecues and year-round potlucks!

Servings: 6

I prefer to add the onions just before serving to prevent the onion flavour from overpowering the other flavours. And remember the mayonnaise content, if serving this in summer; keep it well-chilled. - LK

Salad

1 bunch broccoli florets, chopped
1 cup raisins
1/2 red onion, finely chopped
10 strips bacon, cooked and chopped
1/4 cup sunflower seeds, roasted

Dressing

3/4 tablespoon granulated sugar
1/2 cup mayonnaise
1 tablespoon vinegar

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

Combine salad ingredients in large bowl.

In separate bowl, combine dressing ingredients and mix well.

Add dressing mixture to salad mixture and toss well to coat. Serve immediately or chill until ready to use.

Per Serving (excluding unknown items): 311 Calories; 24g Fat (65.5% calories from fat); 6g Protein; 23g Carbohydrate; 2g Dietary Fiber; 15mg Cholesterol; 277mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.