

Nancys Broccoli Salad

Nancy Bryant

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

bunch broccoli
1/2 pound bacon, crisp fried
and crumbled
1 cup sunflower seeds
1/2 cup raisins
1/2 cup sliced fresh
mushrooms
1/2 small purple onion,
chopped
1 cup mayonnaise or salad
dressing
1/4 cup sugar
2 tablespoons cider vinegar

Cut the broccoli into bite-size pieces; slice the stems thinly.

In a bowl, combine the broccoli, bacon, sunflower seeds, raisins, mushrooms and onion.

In a small bowl, blend the salad dressing, sugar and vinegar. Add to the broccoli mixture. Mix lightly.

Chill for two hours or overnight.

Per Serving (excluding unknown items): 322 Calories; 23g Fat (62.4% calories from fat); 13g Protein; 18g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 455mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.