broccoli raisin salad

- 6 cups chopped broccoli
- ½ cup raisins
- ¼ cup finely chopped red onion
- ¼ cup sunflower seeds
- ¼ cup bacon bits
- ½ cup light mayonnaise
- ¼ cup sugar
- 1 tablespoon red wine vinegar

**step 1** Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.

**step 2** Combine mayonnaise, sugar and vinegar in a small bowl.

**step 3** Stir mayonnaise mixture into salad.

Makes 6 servings - One serving (1 cup) has 182 calories, 6.5 gms fat, 182 mg sodium and 3.5 gms fiber.

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4 ways to eat more broccoli:

1. **Roast it!** Sprinkle bite size pieces of broccoli with olive oil. Cook in a 450° oven for 10 minutes on a metal baking pan. Sprinkle with shredded parmesan cheese.

2. **Steam it!** Cook bite size pieces of broccoli in a pan of boiling water for 6 to 8 minutes. Or cover a dish of broccoli with a wet paper towel and microwave for 2 to 3 minutes.

3. **Serve raw broccoli** spears with hummus, low fat dill dip or ranch salad dressing.

4. **Mix finely chopped broccoli into** spaghetti sauce, meatloaf, meatballs, lasagna, soup or salads.