



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

1. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.



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

1. Combine chopped broccoli, raisins, chopped onion, sunflower seeds and bacon bits in a large bowl.
2. Combine mayonnaise, sugar and vinegar in a small bowl.
3. Stir mayonnaise mixture into salad.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.