



*Broccoli Sunshine Salad*

## Broccoli Sunshine Salad

LO CAL / LO CHOL / HI FIB

PREP: 15 MIN

4 SERVINGS

*This healthy adaptation of a community cookbook favorite will bring a sunshiny smile to the face of everyone who tries it. Stir the salad just before serving. If the dressing is too thick, thin it with a little vinegar.*

1/2 cup reduced-fat mayonnaise or salad dressing

1 tablespoon sugar

2 tablespoons cider vinegar

3 cups broccoli flowerets (1/2 pound)

1/3 cup raisins

1/4 cup shredded reduced-fat Cheddar cheese

2 tablespoons imitation bacon-flavor bits or chips

2 tablespoons chopped red onion

Mix mayonnaise, sugar and vinegar in large bowl. Add remaining ingredients; toss until evenly coated.

**1 Serving:** Calories 185 (Calories from Fat 100); Fat 11g (Saturated 2g); Cholesterol 10mg; Sodium 350mg; Carbohydrate 25g (Dietary Fiber 3g); Protein 5g  
**% Daily Value:** Vitamin A 8%; Vitamin C 42%; Calcium 6%; Iron 6%

**Diet Exchanges:** 4 vegetable, 2 fat