

BROCCOLI CRANBERRY SALAD

RECIPE FROM CAROL HEIL

Ingredients:

- 2 heads of broccoli
- 5 slices center cut bacon, cooked and crumbled
- ¼ c. red onion finely chopped
- 2/3 c. dried cranberries
- ½ c. slivered almonds
- 1/3 c. sunflower seeds
- 1 c. sharp cheddar cheese cut into cubes or shredded
- Creamy Citrus Poppyseed Dressing
- 2/3 c. canola mayo (or regular mayo)
- 1 T. apple cider vinegar
- 3 T. sugar
- Zest of one small lemon
- Zest of ½ orange
- 1 – 2 T. lemon juice
- ½ T. poppy seeds
- pinch black pepper



COOPERATIVE EXTENSION

University of
Kentucky
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Directions:

1. Bring a pot of water to boil.
2. Add chopped broccoli and boil for 20 seconds
3. Drain broccoli and transfer to bowl of ice water, let sit minutes until cool
4. Drain and air dry on towel
5. To take some of the bite out, add finely chopped red onion to a small bowl of cold water and let sit about 5 minutes, then drain
6. To a large mixing bowl, add dried broccoli florets, bacon, drained onions, cranberries, almonds, sunflower seeds, and cheddar cheese.
7. Toss with citrus poppy seed dressing
8. Cover with plastic wrap and refrigerate for at least 30 minutes.
9. Toss and serve.