

# Broccoli



**Nutrition:** Broccoli helps your complexion, improves your bone health and keeps you looking younger.

**Storage:** Refrigerate and to extend quality of life, loosely wrap in damp paper towels.

**In Season:** June - November



## Broccoli Salad

*Makes 9 servings*

### Ingredients:

1. 6 cups broccoli (chopped)
2. 1 cup raisins
3. 1 onion (diced)
4. 2 tablespoons sugar
5.  $\frac{3}{4}$  cup mayonnaise
6. If available: add crumbled bacon slices,  $\frac{1}{2}$  cup of cubed or shredded cheese, 2 tablespoons lemon/lime juice.

### Directions:

1. Combine all ingredients in bowl and mix well.
2. Chill for about 2 hours.
3. Serve cold as a side dish.