

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. 1 teaspoon of vinegar (apple cider if available)
7. If available: add crumbled bacon slices, $\frac{1}{2}$ cup of cubed or shredded cheese, 2 tablespoons lemon or 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.