

BROCCOLI-CAULIFLOWER SALAD WITH TURKEY BACON & MAYO

By Dr. Cindy Tanzar

The traditional broccoli salad with bacon, raisins and sunflower seeds has been a favorite for years at family gatherings and potlucks. This recipe is a healthier version with the same creamy dressing and crunch that is so satisfying and delicious. The red bell pepper provides color and a bit of sweetness to replace the high-glycemic raisins. It is very simple to put together and perfect for providing several servings for lunch during the week. In fact, the flavors just get better the next day.

Makes 3 servings.



INGREDIENTS

- 2-1/2 cups broccoli (cut into small florets)
- 2-1/2 cups cauliflower (cut into small florets)



- 1 cup Red Bell pepper, diced small
- 1/4 cup red onion, diced small (can do less to your liking)
- 2 slices uncured Turkey Bacon, fried and cut into small pieces
- Optional: sunflower seeds

DRESSING

- 1/4-1/2 cup mayonnaise *
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice or Bragg's Apple Cider Vinegar
- 1/2 tsp. garlic powder
- 1/2 tsp. pink Himalayan salt
- 1/4 tsp. freshly-ground black pepper
- 1 Tbsp. fresh thyme (optional, but good)
- Stevia drops to taste, if you like a touch of sweetness

INSTRUCTIONS

1. In a large bowl, stir together the broccoli, cauliflower, red bell pepper, onion and turkey bacon bits.
2. In a small bowl, whisk together all the dressing ingredients, until smooth.
3. Serve immediately, or set in the refrigerator for a few hours for the flavors to meld together.
4. Optional; sprinkle a tsp. of sunflower seeds on your salad for more crunch and flavor.