

# Broccoli Salad

A Summer Favorite

## INGREDIENTS

### Fresh broccoli

I buy the big bag at Costco and chop the whole thing into small bite-sized bits! You'll base the amount of all other ingredients on how much broccoli you start with and since this salad is better the day after and the day after that—I suggest a BIG bowl!

### Bacon

Of course you can use pre-cooked bacon bits, but I LOVE to bake my bacon. If you can, buy the expensive stuff too—it's so worth it. Lay out each strip on a big, foil-lined cookie sheet and put it into your oven. Then set the temp to 400 degrees. The bacon cooks beautifully as the oven heats. Depending on how crispy you like it, set a timer for 20-25 minutes. Lift off strips and cool on paper towels to soak up some of the fat.

### Dried Cranberries

These you can just buy at the store, but why not get the kind with less sugar ([like this](#)) or the kind sweetened with apple juice ([like these](#)).

### Almonds or Cashews

Honestly, cashews are my favorite, but my husband is allergic to them, so I chop and toast almonds—about 1/3 cup. After chopping I toss the nuts onto a small frying pan over medium high heat. I set a timer for 45 seconds, so that I remember to stir them. Then I

set the timer again. The whole process takes 3 to 4 minutes! Oh, and my new favorite almonds are the garlic and herb roasted almonds ([similar to these](#)) that I purchase at Costco!

### Red Onion

Chop these small, because they pack a punch—but, don't leave them out! You'll need 1/4 to 1/3 cup.

### Healthy Mayo

My favorite mayonnaise is made with avocado oil, by Primal Kitchen. You can get it at Costco or [on Amazon](#).

### Coconut Sugar

If you're not familiar with [coconut sugar](#) it is a less-refined, natural sweetener that is a little lower on the glycemic index. It is my “healthier” alternative most of the time and it's delicious in the dressing for broccoli salad.

### Apple Cider Vinegar

Get yourself a big bottle of this [gut-friendly elixir](#) and make sure it says, “With the Mother” on the label.

### Spicy mustard

Use whichever is your favorite. Honestly, I often forget to add this, but when I do it kicks everything up just a notch!

## DIRECTIONS

1. One big bowl of broccoli bite sized pieces—set aside

2. Stir together Healthy mayonnaise (1/2 to 2/4 cups), add 1/3 cup coconut sugar, 1 tablespoon apple cider vinegar & a little squirt of mustard—set aside

3. Dice red onion

4. Cut (with scissors) 4 to 6 strips of bacon—into skinny bits (or measure 1/3 to 1/2 cup of the pre-packaged kind.

5. Chop and toast nuts on stove for 5 minutes.

6. Measure 1/3 to 1/2 cup dried cranberries.

Toss broccoli, bacon, cranberries and nuts and pour dressing over the top. Slowly stir with a big spoon or spatula until all those delicious bits are covered with dressing! Then cool and serve.



### **NOTE from Stacy**

Just play with this. You really can't get it wrong. Other delicious add-ins are sliced red grapes, apple chunks, grated cheddar cheese, roasted sunflower seeds or pine nuts.