

FIT RX Recipe Card

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BROCCOLI SALAD

INGREDIENTS

- 1 HEAD OF BROCCOLI
 - 8 SLICES OF BACON
 - 1/3 CUP RED ONION
 - 1/2 CUP DRIED CRANBERRIES
 - 1/2 CUP SUNFLOWER SEEDS
 - 1/4 CUP GOAT CHEESE
 - 1/2 CUP MAYO
 - 1/4 CUP YOGURT
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PROCEDURE

1. Bake or fry the bacon per package instructions. Pat excess grease.
2. Chop broccoli into bite size florets. Add to large mixing bowl with cranberries, sunflower seeds and goat cheese.
3. Dressing: mix mayo and yogurt in small bowl. Then add dressing to large mixing bowl and stir until everything is mixed.