



BROCCOLI-CAULIFLOWER SALAD WITH TURKEY BACON & MAYO

By Dr. Cindy Tazar
(Standard & Maintenance Plans)

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. The red bell pepper provides a bit of sweetness to replace the high-glycemic raisins. It is perfect for lunches during the week, and flavors are even better the next day. There is more than a tbsp of fat per serving (which is far from our biggest concern), and the turkey bacon protein is more for flavor and is negligible for 3 servings.

This recipe makes 3 servings. One serving covers 2 cups raw vegetables and your fat for one meal.



INGREDIENTS

- 2-1/2 cups broccoli (cut into small florets)
- 2-1/2 cups cauliflower (cut into small florets)
- 1 cup organic Red Bell pepper, diced small
- 1/4 cup red onion, diced small (or to taste)
- 2 slices uncured turkey bacon, fried and cut into small pieces



DRESSING

1/4-1/2 cup Genesis' homemade mayo, Primal Kitchen or Chosen mayo
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
Stevia drops to taste, optional

INSTRUCTIONS

In a large bowl, stir together the broccoli, cauliflower, red bell pepper, onion and turkey bacon bits.

In a small bowl, whisk together all the dressing ingredients, until smooth. Pour over the vegetables and mix well.

Serve immediately, or set in the refrigerator for a few hours for the flavors to meld together.