

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Broccoli Salad

From www.cooking4f.com

1 head broccoli, cut into tiny florets and the stems shredded
1 or more carrots, shredded
½ pound bacon (nitrate/nitrite free), cooked and crumbled
½ cup raisins
2 Tbsp white wine vinegar
1 Tbsp or less raw honey
½ tsp pepper
1 tsp salt
2/3 cup mayonnaise
1 tsp lemon juice

1. In a bowl, combine the broccoli, carrot, bacon and raisins. Set aside.
2. In a small bowl, combine the vinegar, honey, pepper, salt, mayo and lemon juice. Toss with the broccoli mixture. Cover and refrigerate at least 4 hours.