

### ***Broccoli-Cauliflower Salad***

3 cups bite size pieces of raw broccoli  
4 cups bite size pieces of raw cauliflower  
1 medium sweet onion, chopped  
1/3 cup light mayonnaise  
1/3 cup fat free sour cream  
2 Tablespoons balsamic or wine  
Vinegar  
4 packets Splenda or aspartame  
1/8 cup cashews  
¼ cup raisins  
1/8 cup bacon bits

#### Directions:

1. Toss all the vegetables together in the large mixing bowl.
2. In the small mixing bowl, mix together the mayonnaise, sour cream, vinegar and sweetener to make the salad dressing.
3. Pour salad dressing over the vegetables. Mix well. Then refrigerate for at least 24 hours.
4. Add nuts, raisins and bacon bits right before serving. Stir well. Serve in the salad bowl.

Serves 10

Nutrient Analysis, per serving: 82 calories, 10g. carbohydrate, 3g. protein, 4g. fat,  
47mg. sodium