

## ***Cauliflower and Broccoli Salad***

1 head cauliflower  
1 bunch broccoli  
8 slices of bacon, fried and crumbled  
1 small red onion, chopped  
1/3 cup raisins  
Dressing:  
1 cup light mayonnaise  
2 tsp. vinegar  
1/3 cup sugar

### Directions:

Wash and break cauliflower and broccoli into small bite-size pieces. Add crumbled bacon, chopped onion and raisins. Toss with dressing that has been mixed together. Marinate overnight.

Serves 8

Nutrient Analysis, per serving: 188 calories, 19g. carbohydrate, 5g. protein, 11g. fat, 456mg. sodium