



Broccoli-Bacon Salad

Makes 6 servings

Ingredients

1 clove garlic, minced
¼ cup low-fat mayonnaise
¼ cup reduced-fat sour cream
2 teaspoons cider vinegar
1 teaspoon sugar

4 cups finely chopped broccoli crowns
1 8-ounce can sliced water chestnuts, rinsed and chopped
3 slices cooked bacon, crumbled
3 tablespoons dried cranberries
Freshly ground pepper, to taste

Instructions

1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl.
2. Add broccoli, water chestnuts, bacon, cranberries and pepper.
3. Stir to coat with the dressing.

Nutrition Facts

Serving size: 1 scant cup; Per serving: Calories 92; Fat 5g; Saturated Fat 2 g; Fiber 2g; Carbohydrates 11g; Protein 3g; Folate 35mcg; Cholesterol 10mg; Sugars 4g; Added Sugars 3g; Vitamin A 1,480IU; Vitamin C 44mg; Calcium 36mg; Iron 1mg; Sodium 160mg; Potassium 191mg

Source: www.eatingwell.com

