



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Broccoli Salad**

1 head of fresh broccoli, chopped into about ½ to 1 inch pieces  
(trim off bottom stem and discard or use for soup)  
2 T. lemon juice  
1/2 - 3/4 cup light mayonnaise  
2 teaspoons sugar  
½ cup golden raisins or dark raisins or Craisins  
¼ cup red onion, chopped fine (use if desired)  
¼ cup sunflower seeds (buy without the shell in the bulk section of store)  
Optional: 2 T. Bacon Bits or fresh bacon, cooked and chopped

Mix all ingredients together and marinate for an hour before serving.

This will keep for 2 days in the refrigerator.

Note: this is a salt-free (if you skip the bacon!)