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Cruciferous Crunch Makes This Salad Sing

By Susie Iventosch



I have always loved broccoli salad, but you don't seem to find it in too many places. And, when you do, it usually has raisins, and sometimes mayonnaise or yogurt. I really love this recipe, because it uses a simple vinaigrette of olive oil and a combination of rice and cider vinegar. The cider vinegar gives it just a hint of sweetness, but it's not too sweet. The turkey bacon adds a salty touch and a bit of protein while the broccoli has such a good crunch! This salad travels well in lunch boxes, too.

In case you read the Thin Mint Brownie recipe from last week, please bake them at 350 degrees. I inadvertently omitted the oven temp!

Broccoli Salad with Turkey Bacon and Sharp Cheddar Photo Susie Iventosch

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INGREDIENTS

6-8 cups chopped fresh broccoli, including florets and stems (one large bunch)

1 red onion, chopped

2 tablespoons olive oil

4 slices turkey bacon

1 cup grated sharp cheddar cheese

Dressing

1/4 cup unfiltered cider vinegar

1/4 cup rice vinegar

1/2 cup olive oil

1 teaspoon lemon pepper

Salt and pepper to taste

Mix well in a jar with a tight-fitting lid.

DIRECTIONS

Heat oil in a sauté pan and cook onions over medium-high heat, until beginning to get brown and crispy. Set aside and cool to room temperature.

Cut broccoli into small, bite-sized pieces, including the florets as well as the stems. Put into a salad bowl.

Heat bacon in microwave for about 2-3 minutes, until it starts to get crispy. (Turkey bacon is pre-cooked, so this is just to crisp it up a bit.) Break into small pieces. Toss in with broccoli.

Add grated cheddar and toss all together with dressing.

Serve at room temperature along with some yummy bread!

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