

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Broccoli Salad

Ingredients

1 head broccoli
1/3 cup soy "bacon" pieces
1/2 cup chopped red onion
1/2 cup raisins, dried cherries, or cranberries
1/2 cup carrots, grated
3/4 cup Vegenaise
2 tablespoons white vinegar
1/8 cup agave
1/2 cup cherry tomatoes, halved
Salt and freshly ground black pepper



Directions

Trim off the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into flowerets and the stem into bite-size pieces. Place in a large bowl. Add the bacon pieces, onion, dried fruit, and carrots. In a small bowl, combine the remaining ingredients, stirring well. Add to broccoli mixture and toss gently.