

Nurse's Broccoli Medley

Broccoli Salad

Ingredients

- 5-6 cups broccoli florets 1 lb, this was about 2 ½ heads of broccoli for me (450g)
- 1 cup sharp cheddar cheese thicker, not finely shredded (115g)
- ⅔ cup dried cranberries (85g)
- ½ cup crumbled bacon (60g)
- ½ cup salted sunflower seeds (60g)
- ⅓ cup red onion diced into small pieces (50g)

Dressing

- ¾ cup mayo I use olive oil mayo (175g)
- ¼ cup sour cream (70g)
- 1 ½ Tablespoon white wine vinegar
- 3 Tablespoons sugar (40g)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
2. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar, salt, and pepper until smooth and well-combined.
3. Pour dressing over broccoli combination and toss or stir well.
4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.

Keep refrigerated if not consuming right away.

Notes

- I never blanch my broccoli when making broccoli salad. If you wish to, blanch it in boiling water for 60 seconds. Drain and rinse with cold water immediately until broccoli has cooled, and then dry well before using.
- If cooking and crumbling your own bacon, you'll need about 8 strips. If you prefer to use pre-cooked/crumbled bacon, make sure you buy the kind made with **real** bacon (it should say it on the label) and not "bacon flavored bits" with imitation flavor.
- Some or all of the sour cream may be substituted with plain Greek yogurt.
- White wine vinegar is my preference, but red wine vinegar, apple cider vinegar or champagne vinegar will also work great here.