

Healthy Broccoli Bacon Salad

Serves 4

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 , (see Tip)
- 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. Boil Garlic for 2 minutes in the silver skin and then mince when it cools down
2. Finely chop broccoli crowns, cutting off the stems at the crown bottom
3. Wash, rinse and chop water chestnuts
4. Cook three slices of country bacon, dry off grease on paper towel and crumble
5. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.