

Mayo-Free Broccoli Bacon Salad with Toasted Pumpkin Seeds



This lightly dressed, chilled broccoli salad is great for picnics, potlucks, and other casual get-togethers. The mayonnaise-free dressing adds a boost of bright flavor thanks to the fresh lemon juice and zest, while the crisp-tender broccoli and pumpkin seeds add a satisfying crunch.

If you have the time, make this recipe the night before. The extra time will allow the flavors to blend more thoroughly.

Ingredients:

Dressing:

3/4 c. full-fat, non-flavored Greek yogurt
1 T. honey* or one very small pinch Stevia powder
2 T. fresh lemon juice
1 T. fresh lemon zest
Salt and freshly ground black pepper, to taste

Broccoli Salad:

1/2 small red onion, outer skin removed and cut into thin slices
2 large heads fresh broccoli, tough stems removed, rinsed, and broken into florets
6 slices bacon, cooked crispy and crumbled
1/4 c. fresh parsley, chopped
Salt and freshly ground black pepper, to taste
1/3 c. toasted pumpkin seeds, unsalted

Directions:

1. To make the dressing, combine the Greek yogurt, honey, lemon juice, and zest in a small bowl. Season with salt and pepper, to taste. Set aside.

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Prep time: 15-20 minutes
Chill time: 30 minutes to overnight
Serves 4

Continue next page

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Directions (Continued):

2. Add the broccoli florets to a large, microwave-safe dish and add 2-3 T. water. Cover and microwave on high for 4-5 minutes, or until florets are crisp tender. (Check after 3 minutes and adjust cooking times accordingly).
3. Remove from microwave and drain excess liquid. Set aside, uncovered, and allow steamed florets to cool.
4. In a large glass or other non-reactive bowl, combine the red onion, broccoli, crumbled bacon, and fresh parsley. Toss gently to combine. Top with $\frac{1}{2}$ Greek yogurt dressing and toss again until ingredients are thoroughly coated. Cover and refrigerate 30 minutes or overnight before serving. Cover and reserve remaining dressing, as well.
5. Toss chilled salad with remaining dressing right before serving, or serve on the side for those who prefer a little extra dressing. Sprinkle with the toasted pumpkin seeds right before serving to keep them crunchy.

*1 tablespoon of honey contains up to 17 grams of carbs, or approximately 4 $\frac{1}{4}$ grams per serving. If this is too high for your needs, you can use a very small amount of stevia powder or liquid as a substitute.



. "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." – Ann Wigmore