

Recipe – Blanched Broccoli Salad

Ingredients:

- 1 head broccoli
- 1 small red onion – minced
- ¼ cup roasted pumpkin seeds

Dressing:

- 3 TBS olive oil
- 2 TBS light vinegar
- 2 garlic cloves, minced
- Salt to taste, if permitted
- 2 drops stevia

Directions:

Boil a pot of water. Plunge the broccoli head in for 30 - 40 seconds, remove and drain. Chop into bite-sized pieces. Combine with onion and seeds.

Combine dressing ingredients, toss with broccoli and chill.