

## Fresh Broccoli-Apple Salad – Comfort du Jour

This salad is a *real* salad—vegetables, fruit, dressing—everything you can think of to complement what you’re serving for dinner in these modern times, especially if what you’re serving is coming off the grill. It’s crunchy, cold, fresh and—despite the slight sweetness—still packed with nutrition.

### INGREDIENTS

2 broccoli crowns, washed (about 4 cups worth)  
2 medium carrots, peeled and shredded  
1/2 cup red onion, chopped  
1/2 cup golden raisin-dried cranberry blend, soaked briefly in hot water to plump  
1 granny smith apple, peeled, cored and chopped  
Juice of 1/2 lemon  
3 slices thin bacon, cooked crisp and crumbled

### DRESSING INGREDIENTS

1/4 cup light mayo  
2 Tbsp. whole milk  
2 Tbsp. buttermilk  
2 Tbsp. lemon white balsamic  
1 Tbsp. cane sugar  
1 tsp. kosher salt  
1/8 tsp. white pepper  
freshly ground black pepper

### INSTRUCTIONS

1. If you don’t mind the slightly bitter flavor of broccoli, skip ahead to step 2. Otherwise, bring a large pot of water to boil. Dip the crowns very briefly into the hot water, then chill them down quickly in an ice water bath and drain completely. This will help soften the bitterness and also brightens the color.
2. Trim leaves from broccoli crowns and cut up into small bites. You can chop the broccoli if you wish, but I like to have cut off whole pieces rather than “crumbs” of broccoli. My general rule of thumb for bite size is this: If a piece is large enough to completely cover a quarter, it’s too big. Cut it in half.
3. In a large bowl, combine broccoli pieces with onions, plumped raisins and carrot shreds. Toss the apple pieces in the lemon juice to prevent browning. Add them to the salad.
4. Combine all dressing ingredients and whisk until smooth. Pour over salad and toss to evenly coat. Refrigerate a few hours to allow flavors to mingle.