

Broccoli Salad

1 head broccoli
1 medium red onion
 $\frac{3}{4}$ cup fat free mayonnaise
2 tablespoons vinegar
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup raisins

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	84
Carbohydrate:	20 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	193 milligrams
Dietary fiber:	2 grams

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1. Wash and divide broccoli and chop into small pieces.
 2. Finely chop onion.
 3. Mix together mayonnaise, vinegar, and sugar.
 4. Add broccoli, onion, and raisins to mayonnaise mixture and toss.
 5. Refrigerate until ready to serve.