

1 head cauliflower
1 bunch broccoli
8 slices of bacon, fried and crumbled
1 small red onion, chopped
1/3 cup raisins
Dressing:
1 cup light mayonnaise
2 tsp. vinegar
1/3 cup sugar

Directions

Wash and break cauliflower and broccoli into small-size pieces. Add crumbled bacon, chopped onion and raisins. Toss with dressing that has been mixed together. Marinate overnight.

Serves 8

Nutrient Analysis, per serving: 188 calories, 19g. carbohydrate, 5g. protein, 11g. fat, 456mg. sodium