

Broccoli Salad

1 Purple Onion - Chopped

1 bunch of broccoli crowns and stems - cut into bite size pieces (You can also add cauliflower for a change)

1/4 Cup Sunflower Seeds

1/4 Cup Raisins (Thompson Dark are best)

Dressing:

1 Cup Miracle Whip or Mayo - (I use Light or Low Fat)

1/2 Cup White Sugar

1/4 Cup Raspberry or Red wine Vinegar

Whisk together and let sit for a few minutes.

Mix broccoli and onion together, stir in dressing. Add sunflower seeds and raisins just before you serve.