

Broccoli Salad

A standard summer favorite

Original Recipe

<i>Ingredient</i>	<i>Calories</i>
1 Broccoli Head (flowers & stems)	168
8 Slices Bacon, cooked & crumbled	240
1/2 C Raisins	240
1 C Planter's Sunflower Meats	680
1 - 5 oz. Can Water Chestnuts	90
1 C chopped Red Onion	60

Dressing

1 C Mayonaise	1600
2 T White Vinegar	0
1/4 C Sugar	193
	0
	0
	0

Total Original Calories 3,271

Total Servings/Recipe 8

Serving Size/Recipe 1 Cup

Calories/Serving 409

Revised Recipe

<i>Ingredient</i>	<i>Calories</i>
6 C Fresh Broccoli Florets	168
8 T Oscar Mayer Real Bacon Pcs.	200
1/3 C Raisins	160
1/2 C Sunflower Meats	340
2 - 5 oz. Cans Water Chestnuts	180
1 C chopped Red Onion	60

Dressing

1 C Miracle Whip Lite Mayo	480
2 T White Vinegar	0
2 t Sweet 'n Low Sugar Substitute	0
	0
	0
	0

Total Revised Calories 1,588

Total Servings/Recipe 8

Serving Size/Recipe 1 Cup

Calories/Serving 199

Calorie Reduction 51%

Drain water chestnuts and dice. Combine all salad ingredients in large bowl. Mix dressing ingredients with whisk and stir into salad. Chill for at least 3 hours and mix well before serving.

Mayo Clinic

Mayonnaise has always held an equal seat on the fat exchange for me, right up there with butter, oil and cheese. I have to write a thank you to Kraft soon for saving my seat. Miracle Whip Light, (and I was always a loyal Hellman's girl up until now), is absolutely one great low calorie miracle. At 35 calories per tablespoon, it not only tastes good on sandwiches but it is an ingredient savior in high calorie recipes. There's no reason to *hold the mayo* anymore.