



LeiHall Farm Recipes

Raw Broccoli Salad with Pecans, Yellow Raisins and Sun Flower Seeds

4 Cups Raw Broccoli chopped into bite sized pieces

1 cup each:

Chopped pecans

yellow raisins

chopped sweet red pepper

1/2 cup Chopped onion

1/2 cup toasted sunflower seeds

Mix all vegetables together in a large bowl.

Sauce: 2 Tablespoons each: Low or no fat milk, sugar, apple cider vinegar, red wine vinegar. Mix all together and Pour over Vegetables.

Allow to sit in refrigerator for several hours or overnight. Awesome salad!

Comment: This is one of the BEST Raw Broccoli salads I have ever tasted. Keeps well in the refrigerator for a week.