

09.30 大廚師—葵花籽蔓越莓西蘭花沙拉

Broccoli Salad with Sunflower Seeds & Cranberries

材料:

- 1) 2-3 個西蘭花冠，只是小花，切碎（5-6 杯）
- 2) 10 片培根，脆熟，粉碎
- 3) 1 / 3 杯紅洋蔥，切塊
- 4) 1 / 3 杯葵花籽
- 5) 1 / 3 杯乾蔓越莓切碎（金葡萄乾也可）
- 6) 1 / 2 杯美乃滋
- 7) 2 大匙蘋果醋
- 8) 2 小匙糖
- 9) 鹽和胡椒

- a. 2-3 broccoli crowns, just the florets, finely chopped (5-6 cups)
- b. 10 bacon slices, crisp-cooked and crumbled
- c. 1/3 cup red onion, diced
- d. 1/3 cup sunflower seeds
- e. 1/3 cup dried cranberries, chopped (golden raisins are equally good)
- f. 1/2 cup mayonnaise
- g. 2 tbs apple cider vinegar
- h. 2 tsp sugar
- i. salt and pepper

做法：

1. 在沙拉碗裡，加入西蘭花，紅洋蔥。
2. 在一個小碗裡，混合美乃滋，醋和糖。
3. 把混合好的沙拉調料倒入沙拉碗中，和食材調勻。
4. 加入培根，葵花籽和蔓越莓。（可加杏仁片）
5. 加入鹽和胡椒調味。
6. 封蓋冷藏（至少 1 小時）。

To a salad bowl, add broccoli, bacon, onion, seeds, and cranberries. In a small bowl, mix mayo, vinegar, and sugar.

Pour dressing mixture over salad and toss to coat. Season with salt and pepper to taste. Cover and refrigerate until ready to serve (at least one hour).