

Broccoli Salad with Feta and Onion, Kurt Harvey 2013

Serves 6

Salad:

10 oz broccoli (about two crowns)
¼" thick slice of a red onion
3 Tbls feta cheese, crumbled

Dressing:

2 ½ Tbls apple cider vinegar
2 ½ Tbls honey
¾ teas salt
¾ teas celery seed
¾ teas paprika
¾ teas onion powder
1/3 cup canola oil

To make the dressing, combine the vinegar, honey, salt and spices in a blender and puree for 30 seconds. With motor running, slowly add canola oil to emulsify.

Cut broccoli into small pieces. Cut onion into quarter rings. Combine broccoli and onion with the dressing and allow the salad to sit at room temperature for 30 minutes. Top with feta cheese and serve.

Options: Add ½ oz of golden raisins, ½ oz of toasted pine nuts and/or 4 slices of cooked and crumbled bacon.

