

## Broccoli Bow-Tie Salad

This lighter version of a classic broccoli salad will be the hit of your next summer party!

### Ingredients

Salad:

- 8 oz (250 g) fresh broccoli florets
- 1/2 medium red onion (see Cook's Tip)
- 2 small carrots
- 4 oz (125 g) reduced-fat cheddar cheese
- 1 cup (250 mL) purple grapes
- 1/4-1/2 cup (50-125 mL) real bacon bits
- 1 cup (250 mL) cooked farfalle pasta

Dressing:

- 1/3 cup (75 mL) 2% low-fat Greek yogurt
- 1/4 cup (50 mL) light mayonnaise
- 2 tbsp (30 mL) white wine vinegar
- 1 tbsp (15 mL) sugar



pampered chef™

### Instructions

1. Use the [Multi-Grater & Slicer](#) fitted with the slicing disk to slice the broccoli into the small [Glass Mixing Bowl](#). Cut the ends off of the onion. Cut in half lengthwise. Place it in the grater with the stem side up. Slice the onion into the bowl.
2. Using the coarse grating disk, grate the carrots and the cheese into the bowl. (Rotate the bowl to allow for more food.)
3. Place the grapes in the [Close & Cut](#). Cut in half using the [Coated Chef's Knife](#).
4. Combine the vegetables, grapes, cheese, bacon, and cooked pasta in a large bowl.
5. Combine the dressing ingredients in a small bowl.
6. Pour the dressing over the salad and mix to coat.

***Yields 6 servings***

### U.S. Nutrients per serving (about 1 cup/250 mL):

Calories 200, Total Fat 10 g, Saturated Fat 4 g, Cholesterol 25 mg, Sodium 550 mg, Carbohydrate 20 g, Fiber 3 g, Sugars 9 g, Protein 13 g

### Cook's Tips:

To take some of the "bite" out of the red onion, soak the onion slices in iced water for at least 10 minutes, stirring once or twice.