

Broccoli-Peanut-Onion Salad

Broccoli has a new flavor when teamed with peanuts and onions. Take this salad to your next social event, and watch it disappear.

1 medium bunch of fresh broccoli (about 3 large stalks)
3/4 cup chopped red onion
2/3 cup dark raisins
1/2 cup dry roasted peanuts (unsalted or salted), chopped

Dressing:

1/2 cup egg-free mayonnaise such as “Nayonaise”
1/2 cup plain soy yogurt
2 teaspoons sugar
1/8 teaspoon ground ginger
Pinch of ground white pepper
Salt to taste

Wash the broccoli well, cut off the woody ends, and peel off the tough outer skin of the stalks. Chop the peeled stalks into 1/2” pieces, and cut the tops into small bite-size florets to equal about 5-6 cups stalks and florets. Place broccoli in a medium skillet, cover, bring to a boil, and simmer for a few minutes until broccoli is crisp-tender. Do not overcook. Broccoli should still be bright green.

While broccoli is cooking fill a large mixing bowl with cold water. Drain the skillet of water, and plunge the lightly steamed broccoli into the cold water. Empty the bowl and refill it with more cold water. Drain all the water, and leave the cooled broccoli in the bowl. Blend the chopped red onion, raisins, and chopped roasted peanuts with the broccoli.

Combine the dressing ingredients in a small bowl and stir to mix well. Then add the dressing to the broccoli mixture, and toss all ingredients gently. Salt to taste. Salad is best when allowed to stand for several hours or overnight.

Adapted by Kay Bushnell from a recipe by S.Woodruff