



# Broccoli Grape Pasta Salad

<b>¾ cup</b> diced pecans	<b>2 cups</b> seedless red grapes	<b>¾ cup</b> low-fat mayonnaise
<b>8 ounces</b> whole grain pasta (bow tie or other type)	<b>1 pound</b> fresh broccoli	<b>¼ cup</b> honey
<b>5 slices</b> turkey bacon		<b>½ cup</b> diced red onion
		<b>½ cup</b> red wine vinegar

**Preheat** oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

**Yield:** 16, ½ cup servings

**Nutritional Analysis:** 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



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## Kentucky Broccoli

**SEASON:** May through early July, October through mid-November.

**NUTRITION FACTS:** Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

**SELECTION:** Choose tender young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4 half-cup servings.

**STORAGE:** Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

**PREPARATION:** Wash broccoli under cold running water. Trim the leaves and peel the stalk.

**To steam:** Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water. Drain.

**To boil:** Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

**To microwave:** Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

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