Broccoli Grape Pasta Salad

<table>
<thead>
<tr>
<th>¾ cup diced pecans</th>
<th>2 cups seedless red grapes</th>
<th>¼ cup low-fat mayonnaise</th>
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<tr>
<td>8 ounces whole grain pasta (bow tie or other type)</td>
<td>1 pound fresh broccoli</td>
<td>¼ cup honey</td>
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<td>5 slices turkey bacon</td>
<td>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.</td>
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<td>Yield: 16, ½ cup servings</td>
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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.

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.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

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 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.

Source: www.fruitsandveggiesmatter.gov