Broccoli and Cauliflower Salad

Description

Dive into a salad bursting with raw broccoli, crisp cauliflower, sizzling bacon bits, creamy Colby Jack cheese cubes, and a zesty Greek yogurt blend. Truly, broccoliâ??s never been this tempting!

- Course: Salad
- Cuisine: American
- Prep Time: 15 minutes minutes
- Total Time: 15 minutes minutes
- Servings: 7

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Ingredients

Dressing:

- ☐â?¢3/4 cup non-fat plain Greek yogurt
- ☐â?¢1/2 cup light mayonnaise
- ☐â?¢1/4 cup pure honey
- ☐â?¢2 Tbsp red wine vinegar
- ☐â?¢1 Tbsp granulated sugar
- ☐â?¢1/4 tsp salt adjustable according to preference

Salad Components:

- ☐â?¢4 cups finely diced broccoli florets
- ☐â?¢4 cups finely diced cauliflower florets
- ☐â?¢8 oz bacon approximately 8 slices, precisely diced, sautÃ©ed to a crisp finish, and thoroughly drained
- ☐â?¢1 1/4 cups small cubes of Colby Jack cheese approximately 6 oz in weight
- ☐â?¢1/2 cup finely chopped red onion rinsed and drained for optimal taste

Instructions

- Dressing Preparation: In a medium-sized mixing bowl, meticulously whisk together all the components of the dressing until they amalgamate into a consistent mixture. Upon completion, it is recommended to refrigerate the dressing to preserve its freshness until it is required.

- Salad Assembly: In an appropriately sized salad bowl, integrate the diced broccoli and cauliflower florets. Subsequently, incorporate the sautÃ©ed bacon, ensuring even distribution. It is suggested, though optional, to reserve a small portion of the bacon for garnish. Introduce the cubed Colby Jack cheese, followed by the rinsed red onion. For aesthetic purposes, a portion of the red onion can also be reserved for garnish.
- Final Presentation: Once ready to serve, evenly pour the previously prepared dressing over the salad components. Employ a salad tosser to ensure the ingredients are uniformly coated with the dressing. For an enhanced presentation, the reserved bacon and red onion may be sprinkled atop the salad. It is advised to consume the salad shortly after preparation to appreciate its freshness and optimal flavor profile.

Category

1. Grandma Recipes

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