



Broccoli Pecan Salad

Serves 6

Salad Ingredients

- 6 cups broccoli flowerets.
- 1 cup grated good quality Gruyere cheese
- 1 ½ cups apple (IMHO - an apple with some red on the skin would be prettiest) (my photo is with a green apple because that is what I had)
- 1 cup toasted pecans, coarsely chopped

Dressing Ingredients

- ½ cup mayonnaise
- 1 ½ Tbsp apple cider vinegar
- 2 Tbsp avocado oil or another neutral oil
- 2 tsp honey
- 3 Tbsp Poppy Seeds

Instructions

Chop broccoli into smallish, ½ inch pieces. Drop into about 2 inches of boiling water in a pot, stir it around and leave it with the lid off for no more than 1 minute, stirring constantly. Remove the broccoli with a strainer and immediately put the flowerets into an ice water bath. After they cool down, remove any excess water by draining well then rolling the broccoli in a dry towel. By the way, this makes the broccoli vibrant green and even a day later it maintains its color.

Prepare the apple by removing the core and dicing into ¼ inch pieces.

Combine all dressing ingredients in a bowl - whisk and taste, add more vinegar or honey to taste.

Lightly fold most of the dressing into the ingredients listed above. The dressing will seem to disappear. The salad can be refrigerated, covered, for a few hours before eating. Before eating, add the remaining dressing to moisten it up. The next day I will say that the salad held up just fine. Day 3, not so much.

And you know what? I am making this for our family Thanksgiving. I sent this photo of my salad to my sister and she said "Oh, are you going to write that on your blog, a hack?" Yes, I answered. You better believe it! She also told me that my broccoli was a little chunkier than Gayles. So be it!