CREAMY BROCCOLI, BACON & CHEDDAR FALL SALAD

INGREDIENTS

5 cups fresh broccoli florets, chopped
6 slices bacon, cooked & crumbled
¾ cup shredded sharp cheddar
¼ cup red onion, finely diced
¼ cup sunflower seeds
¼ cup dried cranberries

CREAMY DRESSING

½ cup plain Greek yogurt
¼ cup mayonnaise
1 tbsp apple cider vinegar
1 tbsp honey
¼ tsp garlic powder
Salt & pepper to taste

DIRECTIONS

1. Cook bacon until crispy, drain and crumble.
2. In a large bowl, combine broccoli, cheddar, red onion, sunflower seeds and cranberries.
3. Whisk dressing ingredients together until smooth.
4. Pour dressing over salad and toss until well coated.
5. Chill for at least 30 minutes for best flavor, then sprinkle with bacon just before serving.

NUTRITION INFORMATION

MAKES: 4 SERVINGS (PROPOSED)
SERVING SIZE: ¼ OF RECIPE
PER SERVING (APPROXIMATE)
CALORIES: ~360
PROTEIN: ~15G
FAT: ~26G
FIBER: ~4G
SUGAR: ~10G

Preliminary estimates; bacon, mayonnaise and cheese brands affect values.

- 💛 **SIMPLE TIPS**
- Use pre-cut broccoli florets and precooked bacon to save time. Perfect for meal prep!

📱 SCAN FOR MORE RECIPES

💛 **SIMPLELIFEMEALS.COM**
SIMPLE LIFE MEALS | FIBROMYALGIA SUPPORT
© 2026 DESIGNS BY FRIENDS LLC