

## Dr. Wilson's Blanched Broccoli Salad

### Ingredients:

- Some raw broccoli, cut into florets
- Some red onion, chopped
- Some raw sunflower seeds
- Some raisins
- Some apple cider vinegar, 1/2 tsp to 1 tsp, or to taste
- Some Veganaise, Grapeseed Oil variety, from Whole Foods (Or use an all-natural mayonnaise, like Trader Joe's brand.)
- 1 Tbsp kosher salt

### Instructions:

1. Fill medium pot with water, cover, and bring to a boil.
2. While waiting for water to boil, add lots of ice cubes to large measuring bowl and fill with cold water. Set aside.
3. Once water is boiling, remove lid, add 1 Tbsp kosher salt, then add broccoli florets. Use a slotted spoon to submerge broccoli in water. **Cook for 1.5 minutes only.**
4. Using slotted spoon, quickly remove broccoli and place immediately in bowl of ice water. Again use spoon to submerge broccoli in the cold water.
5. Let broccoli sit in cold water for a few minutes. Then remove broccoli from water and drain on paper towels. Use several dry paper towels to pick up handfuls of broccoli and gently squeeze to remove excess water. (The goal is not to let the broccoli remain too wet; otherwise, the salad turns out watery.)
6. Place broccoli into clean mixing bowl, then add chopped onion, sunflower seeds, raisins, and a splash of apple cider vinegar. Next add 2-3 big spoonfuls of Veganaise. (You want the broccoli to look well-coated.) Mix together and decide if you need to add more of anything to the salad.

### Notes:

\*This is the only note, yet a very important one: Whatever you do, do not forego the use of paper towels for blotting the broccoli dry. Saving trees by using a real towel is not worth it. That stinky broccoli towel in your kitchen will haunt you all day long. Even if you hang it outside to dry in the breeze, the broccoli smell will come back once you put the towel in the washer. I do love broccoli, but broccoli-scented laundry doesn't work for me.