

## **Parmesan Vegetable Toss**

Try one of these 3 combinations or a combination of all three.

### **DRESSING:**

- 1 cup mayonnaise (non-fat, included)
- 1/4 cup grated Parmesan cheese, optional
- 1/4 cup sugar
- 1/2 tsp. dried basil, optional
- 1/2 tsp. salt, optional

### **VEGETABLES:**

- 2 cups fresh broccoli florets
- 2 cups fresh cauliflowerets
- 1 medium red onion, sliced

### **ADD:**

- 1 can ( 8 oz.) sliced water chestnuts, drained
- 1 large head iceberg lettuce, torn

### **OR:**

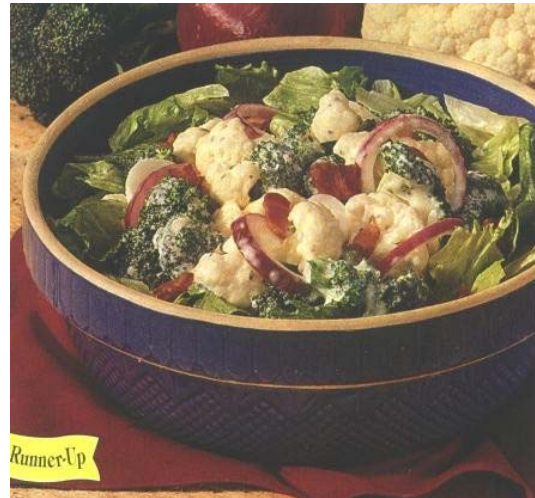
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1/4 cup grated carrot

### **OR:**

- 1 cup chopped seeded tomatoes
- 2 hard-cooked eggs, sliced

### **BEFORE SERVING, ADD:**

- 4 bacon strips, cooked and crumbled
- 1 cup croutons, optional



In a large bowl, combine mayonnaise, Parmesan cheese, sugar, basil and salt. Add broccoli, cauliflower, onion and water chestnuts; toss. Cover and refrigerate for several hours or overnight. Just before serving, place lettuce in a salad bowl and top with vegetable mixture. Sprinkle with bacon. Top with croutons, if desired.

OR add broccoli, cauliflower, onion, celery, green pepper, and carrot. Refrigerate; just before serving, sprinkle with bacon and croutons, if desired.  
OR add broccoli, cauliflower, onion, tomatoes, and eggs. Cover and chill. Just before serving add bacon and croutons, if desired.

Yield: 6 - 8 servings