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## *Food for the Soul*

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### **Broccoli Delight**

### **Salads**

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4 C broccoli flowerets

1 C sliced red grapes

1/2 - 1 C sunflower seeds

6-8 slices bacon, fried and crumbled

1/2 C diced red onion

Dressing:

1 C light mayonnaise

1/2 C honey

2 T red wine vinegar

### **Instructions**

Mix salad ingredients together. Mix dressing ingredients and pour over salad. Let sit an hour or two before serving. Salad tastes good for several days.

*Everyone has trials in their life, and I'm no different. But starting in the 1990's, the trials seemed to come closely together. My husband had complete kidney failure and started dialysis; he suffered a heart attack, resulting in 4-way bypass; an automobile accident left him severely injured, in a coma for six weeks followed by treatment for traumatic brain injury for a year. Still working and suffering from osteoarthritis myself, I had both knees replaced. My Lord and Savior got me through these years walking by me and sometimes carrying me. I know that God is real, and He is a daily part of my life.*

--Carolyn Haley

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