

Betty's Boone Tavern Broccoli-Apple Salad



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In this video, Betty demonstrates how to make Broccoli-Apple Salad. This recipe was inspired by the Broccoli-Apple Salad that I had for brunch during our recent anniversary celebration at Boone Tavern Hotel Restaurant in Berea, Kentucky.

Ingredients:

2 cups fresh broccoli florets, cut into bite-sized pieces (You may steam these for 4 minutes to soften them.)

1 cup red bell pepper strips, about ¼-inch by 1 ¼-inches (You may steam these for 2 minutes to soften them.)

1 medium-sized Granny Smith apple, unpeeled and cut into slivers that will fit on a fork

1 cup red seedless grapes (cut in halves)

2/3 cup Miracle Whip salad dressing (You may use any variety of Miracle Whip or mayonnaise or substitute coleslaw dressing.)

After steaming 2 cups of broccoli florets and 1 cup red bell pepper strips, place them in a mixing bowl, along with 1 thinly sliced Granny Smith apple, and 1 cup red seedless grape halves. Stir to distribute evenly. Add 2/3 cup Miracle Whip salad dressing, and fold it into the fruit/vegetable mixture. Spoon the mixture into a nice serving bowl. Serve immediately, or cover and chill until ready to serve. I loved this salad at Boone Tavern, and I think this is a pretty close replica! Enjoy!!! --Betty ☐