

## **WTRE Recipe of the Week: Broccoli Salad**

### **A Taste of Community from Decatur County Memorial Hospital**

There is something truly special about a community cookbook. It's more than just a collection of ingredients; it's a snapshot of the people who care for us. This week, we're diving into the **Decatur County Memorial Hospital Employees' Cookbook**, a treasure trove compiled by Angie Brinkman and the dedicated staff at DCMH.

When the nursing staff and hospital "friends" share their go-to dishes, you know they're going to be reliable, comforting, and perfect for a potluck. This week's featured recipe comes from **Shelly Lanter in the Nursing department**. Her Broccoli Salad is a local favorite—crunchy, salty, and just the right amount of sweet.

Whether you're heading to a family gathering or just looking for a fresh side dish for dinner, this recipe brings a little piece of our local hospital family to your kitchen table.

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### **Shelly Lanter's Broccoli Salad**

*From the Decatur County Memorial Hospital Employees' Cookbook*

#### **The Salad Ingredients:**

- 2 bunches broccoli, cut up
- 1 (6-8 oz.) package sunflower seeds
- 1 red onion, chopped
- 1 lb. bacon, fried crisp and crumbled

#### **The Dressing:**

- 1 cup mayonnaise
- 1/2 cup sugar
- 2 tbsp. vinegar

#### **Instructions:**

1. In a large bowl, combine the broccoli, sunflower seeds, chopped onion, and crispy bacon.
2. In a separate small bowl, whisk together the mayonnaise, sugar, and vinegar until smooth.

3. Pour the dressing over the broccoli mixture and mix well to coat.
4. **The Secret Step:** Refrigerate for several hours before serving to allow the flavors to meld and the broccoli to slightly soften in the dressing.

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**Do you have a favorite memory or a "must-have" recipe from a local community cookbook? Let us know in the comments!**