



7 – Layer Salad

Makes 12 Servings

A healthier twist on a popular salad often seen at potlucks. Perfect salad to make ahead.

Salad:

8 cups shredded romaine or green leaf lettuce
1 red pepper chopped
2 cups sliced mushrooms or carrots
1 can cannellini beans or garbanzo beans rinsed and drained
1 ½ cups frozen peas (rinse with cold water to partially thaw)

Dressing:

½ cup reduced fat mayonnaise or Miracle Whip type salad dressing
½ cup low fat sour cream
¾ teaspoon garlic powder
1 ½ teaspoons dried oregano

Topping:

1 cup reduced fat cheddar cheese
¼ cup sunflower seeds or ¼ cup cooked turkey bacon (optional)

- In a 9-inch by 13-inch glass baking dish, layer salad ingredients in order listed.
- Put dressing ingredients in a medium bowl and mix well. Using a spatula, spread dressing on top layer of salad (pea layer).
- Sprinkle topping evening over dressing layer. Cover and refrigerate until ready to use.

Nutrition Information

Calories: 146
Total fat: 5g
Saturated fat: 2g
Carbohydrates: 17g
Fiber: 4g
Protein: 8g