



7 - Layer Salad

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 15-ounce 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 salad dressing
- ½ cup low fat sour cream
- ¾ teaspoon garlic powder
- 1 ½ teaspoons dried oregano

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

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

Nutrition Information

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