

# Seven Layer Salad

If you need to showcase a salad, this is the one! Similar to a trifle, this makeover of a Midwestern classic includes layers of lettuce, peas, basil, bell peppers, and tomatoes with a creamy, tangy, and lighter dressing.

*Yields 10 servings (1 serving = 1 cup)*

## **Ingredients**

- 8 cups shredded romaine lettuce
- 1 cup frozen peas, thawed
- 1 medium yellow bell pepper, diced
- 1 cup halved grape tomatoes
- 1 cup sliced celery
- 1/2 cup sliced scallions
- 3/4 cup nonfat plain yogurt
- 3/4 cup low-fat mayonnaise
- 2 teaspoons cider vinegar
- 1-2 teaspoons sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/2 cup thinly sliced fresh basil
- 3 strips cooked bacon, crumbled



## **Preparation:**

1. Place lettuce in a large bowl. Layer peas, bell pepper, tomatoes, celery and scallions on top.
2. Whisk yogurt, mayonnaise, vinegar, sugar to taste, garlic powder, salt and pepper in a medium bowl until smooth. Spread the dressing evenly over the top of the salad (an offset spatula is handy for this, if you have one). Sprinkle with cheese, basil and bacon. Serve room temperature or chilled.

## **Nutritional Information (per serving)**

Calories: 84	Total Fat: 4g
Sat. Fat: 1g	Carbs: 10g
Fiber: 2g	Protein: 5g

Source: [www.eatingwell.com](http://www.eatingwell.com)