

# Layered Pea Salad

This delicious salad is a hit at any potluck, and as a bonus you make it the day before! It also high in protein and Vitamin A!

Serves 16



## Ingredients

- 4 cups, fresh chopped spinach
- 4 cups, fresh chopped romaine lettuce
- 1 cup sunflower seeds
- 5 hard-boiled eggs, chopped
- ½ cup chopped green onions
- ¾ cup light mayonnaise
- 1 cup non-fat Greek plain yogurt
- 1 tablespoon fresh lemon juice
- 1-16 ounce bag of frozen peas
- 1 ½ cups shredded cheddar cheese
- Salt, pepper, and Worcestershire sauce to taste

## Nutrition Facts

Serving Size Approximately 1 cup  
Servings Per Recipe 16

Amount Per Serving

Calories 180    Calories from Fat 120

% Daily Value\*

Total Fat 13g    20%

Saturated Fat 4g    20%

Trans Fat 0g

Cholesterol 90mg    30%

Sodium 240mg    10%

Total Carbohydrate 7g    2%

Dietary Fiber 2g    8%

Sugars 2g

Protein 9g

Vitamin A 40%    • Vitamin C 10%

Calcium 10%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions

1. In a clear large bowl layer spinach, lettuce, sunflower seeds, eggs, and onions.
2. Spread frozen peas evenly over the top of salad layers.
3. In a small bowl, mix mayonnaise, Greek yogurt, lemon juice. Add salt, pepper, and Worcestershire sauce to mixture to taste.
4. Spread yogurt/mayo mixture evenly over frozen peas.
5. Sprinkle cheese evenly over yogurt/mayo mixture.
6. Cover and chill for 12 hours before serving.
7. Garnish with extra green onion and sunflower seeds if desired.

Please note: nutritional values are approximate.

