

Seven Layer Salad

Ingredients

1 small head lettuce, chopped

1 c green bell pepper, chopped

1 c onion, chopped

1 c celery, chopped

16 oz sweet green peas, cooked

8 oz low-fat mayonnaise

1 T sugar

8 oz grated parmesan cheese

Optional: bacon bits

Instructions

Arrange

above ingredients in layers starting with lettuce and ending with peas on top. Smooth mayonnaise over peas. Sprinkle sugar, then parmesan cheese and bacon bits on top. Chill in refrigerator before serving. Do not mix. Serves 8.

Calories: 286. Carbohydrate: 20g.
Cholesterol: 22mg. Sodium: 834mg. Dietary Fiber: 4g. Protein: 16g. Fat:
16g. [%Calories from Protein-22, Carb-28, Fat-50]

-From the Hawaii State Department of Health's "5 A Day the Hawaii Way: Easy Island Recipes"