

# Layered Salad Supreme

## Salad of the Month – January 2014



No glass bowl? Use a 13x9-inch baking dish to serve up this pretty salad combination.

**Prep Time:** 15 Min

**Start to Finish:** 15 Min

**Makes:** 12 servings

### INGREDIENTS

---

#### Salad

5 cups torn lettuce

2 1/2 cups broccoli florets

2 cups julienne (matchstick-cut) carrots

1 can (15 oz.) chick peas (garbanzo beans), drained, rinsed

1 small red onion, thinly sliced

#### Dressing

3/4 cup fat-free mayonnaise or salad dressing

1/3 cup fat-free (skim) milk

1/2 cup grated Parmesan cheese

2 tablespoons chopped fresh parsley

### DIRECTIONS

---

1. In 3-quart glass bowl with straight sides, layer lettuce, broccoli, carrots, beans and onion slices.
2. In small bowl, mix mayonnaise, milk and Parmesan cheese until well blended. Spread dressing evenly over salad. Sprinkle with parsley. Serve immediately, or cover and refrigerate until serving.

**Recipe Provides:** Fats & Oils 1tsp, Meat & Beans 1oz-equivalents, Vegetables 3/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	110	<b>Calories from Fat:</b>	25
<b>Total Fat:</b>	2.5 g	<b>Saturated Fat:</b>	1 g	<b>Trans Fat:</b>	0 g
<b>Cholesterol:</b>	5 mg	<b>Sodium:</b>	210 mg	<b>Total Carbohydrate:</b>	15 g
<b>Dietary Fiber:</b>	3 g	<b>Sugars:</b>	4 g	<b>Protein:</b>	5 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)