

Layered Salad

An old-old recipe, updated with different veggies and a new dressing



Servings: 6

1. In a glass bowl with 3-4" sides, add in the Romaine and arugula. Add carrots next, with the corn. Add sugar snap peas, then halved tomatoes, placing more of them around the outside edges (for color). Add a layer of green onions. Add more greens if you prefer (arugula and Romaine) then add the chopped up hard boiled eggs.
2. DRESSING: Combine in a bowl the sour cream, mayo, dill and other seasoning. Add salt and pepper to taste, then spread the dressing all over the top of the salad, spreading it out to the edges as much as possible.
3. Sprinkle the grated cheddar all over the top. Cover with plastic wrap and chill for up to 24 hours. When serving suggest your guests dig deep into the bowl to reach the bottom layer with only a small amount of the dressing and cheese in each scoop.

- 3 cups romaine lettuce, chopped
- 1 cup baby arugula, chopped
- 2 large carrots, chopped or shredded
- 1 bunch green onions, chopped, including tops
- 3 ears corn, kernels removed, cobs discarded
- 1 cup grape tomatoes, halved
- 1 1/2 cups sugar snap peas, trimmed, chopped
- 3 eggs, hard boiled, peeled, chopped
- 2 cups cheddar cheese, grated

DRESSING:

- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/2 teaspoon dried dill
- 1/2 teaspoon blackened seasoning

Per Serving (excluding unknown items): 538 Calories; 37g Fat (60.6% calories from fat); 26g Protein; 28g Carbohydrate; 5g Dietary Fiber; 184mg Cholesterol; 721mg Sodium; 11g Total Sugars; 1mcg Vitamin D; 655mg Calcium; 3mg Iron; 783mg Potassium; 547mg Phosphorus. Exchanges: 5 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com