



*Green Pea Salad is so tasty and nutritious! Adapted from a recipe in Light and Tasty magazine, it makes a great side dish for dinner or a pot luck. Add cheese cubes for a main dish at lunch.*



Serves 8

# Green Pea Salad

- 1 c. fresh broccoli florets
- 1 c. fresh cauliflowerets
- 1 package (10 oz.) frozen peas, thawed
- 1 large celery rib, halved lengthwise and thinly sliced
- 1/4 c. thinly sliced green onions
- 8 Tbs. Homemade Ranch Dressing
- 1/4 c. cashew pieces
- 2 bacon strips, cooked and crumbled

Lightly cook broccoli and cauliflower for 2-3 minutes. Rinse in cold water. In a large bowl, combine the broccoli, cauliflower, peas, celery and onions.

In a small bowl, combine 8 Tbs. of Homemade Ranch Dressing. Stir into vegetable mixture. Cover and refrigerate for at least 1 hour if you can hold out that long. Just before serving, stir in cashews and bacon.

## Homemade Ranch Dressing

- 1 c. Spectrum Organic mayonnaise
- 1 c. SCD yogurt
- 2 Tbs. very finely chopped onion
- 1/2 tsp. salt
- 1/8 tsp. crushed garlic
- 1 Tbs. parsley, dried

Combine and allow flavors to blend for an hour or more. This recipe makes more than enough dressing for the salad. Save leftovers for other salads.