

Non-Dairy Seven Layer Salad

Serving size: 1 scoop

Serves: 12



SALAD

10 oz. bag romaine
6 eggs, hard boiled, cooled, peeled, and sliced
4 strips bacon, cooked, cooled and crumbled
4 Roma tomatoes, seeded and diced
1-1/2 c. shredded non-dairy cheese
1 lb. frozen peas, thawed and drained
Kosher salt and freshly ground black pepper

DRESSING

1/2 c. non-dairy sour cream
1/2 c. reduced-fat mayo with olive oil
1/4 packet Lipton Vegetable Dip Mix
1 T. sugar



In a small bowl, mix together the dressing ingredients. Refrigerate for at least one hour or overnight to let the flavors come together.

In large bowl (a flat-sided trifle bowl works great, but any deep bowl will do), layer the salad ingredients. Press the layers to the outside of the bowl first, then spread evenly any remaining ingredients. Sprinkle salt and pepper every layer or two. After all of the salad ingredients have been added, drop spoonfuls of the dressing around the top. Gently spread to the edges, trying not to disturb the cheese layer. Cover and refrigerate until ready to serve.

Estimated calories: 230 cal/serving