

# Six Layer Salad

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- 1 (10 ounces) package frozen green peas
- 2 eggs
- 1 small onion
- 3 to 4 cups lettuce
- $\frac{2}{3}$  cup fat free mayonnaise
- $\frac{1}{3}$  cup parmesan cheese

**Makes 12 portions,  $\frac{1}{2}$  cup each**

Per portion

Calories:	60
Carbohydrate:	7 grams
Protein:	4 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	37 milligrams
Sodium:	196 milligrams
Dietary fiber:	2 grams

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1. Thaw and drain peas.
  2. Boil eggs. Drain and set aside to cool.
  3. Chop onion.
  4. Grate eggs.
  5. Wash, shred, and place lettuce in bottom of large bowl or serving dish.
  6. Layer peas and onion over lettuce.
  7. Spread mayonnaise over the onion layer.
  8. Top with eggs and cheese.
  9. Refrigerate until ready to serve.