

Seven Layer Salad

1 head lettuce, torn into pieces
1/2 cup onion, chopped
1/2 cup celery, chopped
5 oz. water chestnuts, drained, sliced
10 oz. frozen green peas
1 1/2 cups fat-free mayonnaise
1 tbsp. sugar substitute
2 large tomatoes, sliced
2 hard cooked eggs, sliced
4 slices turkey bacon, cooked, crumbled
1/2 cup fat-free American cheese, shredded

In a large glass salad bowl, make an even layer of the lettuce. Mix onion and celery; sprinkle over lettuce. Sprinkle water chestnuts and unthawed peas over salad. Spread mayonnaise evenly over top and sprinkle with sugar substitute. Refrigerate overnight.

The next day, layer remaining ingredients over mayonnaise. To serve, layer onto salad plates. Makes 12 servings.

Nutrition information per serving: calories 97; protein 5 grams; fat 2 grams; sodium 438 grams