

English Pea Salad

Makes six ½ cup servings

2 cups green peas, lightly cooked and drained

½ cup thinly sliced celery

½ cup unpeeled chopped red apple

2 tsp. minced green onions

3 tbsp. reduced fat mayonnaise

3 tbsp. nonfat plain yogurt

¼ cup shredded reduced fat sharp cheddar cheese

Combine peas, celery, apple, and onion in a medium bowl; set aside. Combine mayonnaise, sour cream, and cheese; pour over pea mixture, tossing gently. Cover and chill.

Nutrition Facts

Serving Size (87g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 115mg **5%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 4g

Vitamin A 10% • **Vitamin C 35%**

Calcium 10% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4