



Green Pea, Carrot & Mozzarella Salad - serves 4

Recipes from www.naturalhealthyconcepts.com

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| 1 C fresh or frozen peas (thawed) | 2 Tbsp plus 1 tsp buttermilk |
| 1 medium carrot, peeled and chopped | 1 Tbsp plain yogurt |
| 1 stalk celery, chopped | 1 ½ tsp canola mayonnaise |
| 1 oz (about ¼ cup) mozzarella cheese cubed | ½ tsp balsamic white vinegar |
| 2 green onions chopped fined | ½ tsp dried basil crumbled |
| 1/8 tsp black pepper | or 1 tsp fresh chopped |
| ¼ tsp sugar | |

Steam the carrots (and peas if using fresh peas) for 3 minutes in a small saucepan with a bit of water in it and a tight-fitting lid. Place the carrots and thawed peas (drained) in a medium-size bowl. Add celery and cheese, toss well. Combine the remaining ingredients in a small bowl. Spoon over the salad and toss well. This will keep well in the refrigerator for several days.

Per Serving: Calories 80, Protein 5g, Carbohydrates 9g, Fat 3g, Fiber 3g, Sodium 68mg
Beneficial Nutrients: Vit A, B1, C, Folate, Calcium, Molybdenum, Potassium