



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	254
PROTEIN	15 G
CARBOHYDRATE	16 G
TOTAL FAT	15 G

PREP TIME:	10 MINUTES
COOK TIME:	60 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 CUP

INGREDIENTS:

4 C	FROZEN GREEN PEAS
4 OUNCES	SHARP CHEDDAR CHEESE
¼ C	COOKED CRUMBLed BACON
½	MEDIUM RED ONION THINLY SLICED OR DICED
2 TBSP	SOUR CREAM
2 TBSP	MAYONNAISE
1 TBSP	APPLE CIDER VINEGAR
1 TSP	DRIED DILL
½ TSP	SALT
½ TSP	BLACK PEPPER



GREEN PEA SALAD

CREAMY, CRUNCHY AND ALWAYS A CROWD FAVORITE. IT IS THE PERFECT SUMMERTIME SALAD FOR ANY OCCASION. **NOTE: PRE-COOK BACON IN THE OVEN OR REPLACE WITH BACON BITS**

- 01 Place peas in a microwave safe bowl. Microwave in 90 second increments, stirring in between, until peas are just barely thawed, but not hot.
- 02 Meanwhile, dice cheddar cheese into small cubes, or shred. Add cheese in with peas. Toss together with crumbled bacon and red onion.
- 03 Add in sour cream, mayonnaise, cider vinegar, dried dill, salt, and pepper. Stir until well combined. Taste and add more salt and pepper to taste.
- 04 Cover and chill in the refrigerator at least 1 hour before serving.

