

Seven Layer Salad

This is such an easy, fun and delicious salad recipe for any occasion. Make it for Mom on her special day, take it to your next picnic or add it as a healthy side for your dinner. You can even make it a light and healthy main dish for lunch or dinner.

Recipe Type: Appetizer, Main Dish, Salad, Side Dish

Degree of Difficulty: Very easy

Ingredients

- 1 head Lettuce, shredded
- 1 cup Green Peppers, chopped
- 1 cup Tomatoes, diced
- 1 cup Cucumber, thinly sliced
- 1 cup Peas, frozen or fresh
- 20 ounces Chicken Breasts, skinless, cut into chunks
- 1 cup Miracle Whip, non fat
- 1 cup Cheddar Cheese (reduced fat), shredded



Directions

- 1 Layer the vegetables in a dish in any order you prefer.
- 2 Put the chicken on the top layer after the vegetables.
- 3 Cover the chicken with the miracle whip from edge to edge.
- 4 Top of this seven layer salad recipe with the shredded cheese.

Cooking Times

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 233 calories, 4.7g total fat, 1.2g saturated fat, 72.7mg cholesterol, 830.5mg sodium, 19.5g carbohydrates, 4.3g fiber, 12.2g sugar, 28.8g protein.

Servings: 6

Weight Watchers Points

Note: The skinless chicken breast and veggies were not used to calculate the FreeStyle SmartPoints. All other points do not include the vegetables in the calculation.

Orig. WW Pts: 5

Points Plus: 5

Smart Points: 5

FreeStyle Smart Points: 2

Tips

You can swap out any of the vegetables for your favorites without impacting the Weight Watchers points since veggies are zero points. There are a few exceptions so be careful if you add any veggies that do have a points value.