

WEIGHT ★ NO ★ MORESM DIET CENTER



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CHOPPED LAYERED SALAD

Intermediate Lifestyle

Ingredients

For the salad:

4 cups finely chopped romaine lettuce
2 cups finely chopped iceberg lettuce
1/2 cup finely chopped radicchio
1/2 cup thinly sliced Belgian endive (about 1 small head)
1 1/2 cups finely chopped English cucumber
1/2 cup finely chopped celery
1 cup finely shredded carrot
1 3/4 cups finely chopped orange bell pepper
1 cup diced seeded plum tomato (about 4 tomatoes)
1 cup finely chopped red onion
1/2 cup thinly sliced green onions
2 cups diced, cooked beets
3 hard-cooked large eggs, finely chopped
1 TBS chopped fresh flat-leaf parsley (optional)

For the dressing:

1/3 cup vegetable broth
1/4 cup red wine vinegar
2 TBS olive oil
1 TSP Splenda
1/2 TSP salt
1/2 TSP dried Italian seasoning
1/4 TSP freshly ground black pepper
3 garlic cloves, minced

Instructions

1. To prepare the dressing, combine the first 8 ingredients, stirring with a whisk. Set aside.
2. To prepare the salad, arrange the romaine in the bottom of a 2-quart glass bowl or trifle dish; top with iceberg. Layer (one ingredient on top of the other) radicchio, endive, cucumber, celery, carrot, bell pepper, tomato, red onion, and green onions evenly over lettuces. Drizzle with dressing. Cover and chill 4 hours or overnight.
3. Before serving, arrange beets over green onions; top with eggs. Garnish with parsley, if desired.

Portion-Per-Serving Information (Serves 10):

Serving = 1 cup = 1 V

Note: Use jarred beets and jarred bell peppers to speed the process. Assemble up to three days ahead, but reserve the beets and eggs, adding them just before you serve.