

# 9-Layer Salad

April 23, 2019 | by Addie Gundry

**M**aking a salad in a baking dish instead of a bowl helps avoid spills and is more easily transported to your cookout. Try this layered salad from *The Lighten Up Cookbook* (St. Martin's Griffin) by Addie Gundry.



(Megan Von Schönhoff And Tom Krawczyk)

## Ingredients

- 8 oz fresh baby spinach
- 1 yellow bell pepper, chopped
- 2 stalks celery, chopped
- 1 cup cherry tomatoes, halved
- 1 cup frozen peas, thawed
- 1/3 cup finely chopped red onion
- 1 cup shredded colby jack cheese
- 6 slices low-sodium bacon, cooked crisp and crumbled
- 1 cup reduced-fat buttermilk ranch dressing

## Directions

In a 13 x 9-inch baking dish, layer half of the spinach, bell pepper, celery, tomatoes, peas, onion, cheese, bacon and dressing. Repeat layers. Serve immediately or chill.

## Kitchen Counter

Serves 10. Per serving: 153 cal, 10g fat, 19mg chol, 7g prot, 8g carbs, 4g sugar, 2g fiber, 429mg sodium.