

Peaches & Blue Cheese Super Veg Salad with Light Blue Cheese Dressing



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 52

WW POINTS: 0SP

DRESSING CALORIES: 30

WW POINTS: 1SP

SALAD INGREDIENTS:

1 cup brussels sprouts

1 cup Napa cabbage

1 cup kohlrabi

1 cup broccoli

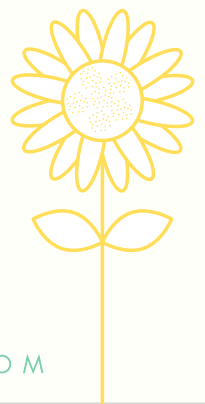
1 cup kale

1 cup carrots

3 peaches

SALAD DIRECTIONS:

Place all ingredients above EXCEPT for the peaches into a food processor. Pulse the veggies until they are shredded. Be very careful not to over pulse. You want everything in bite sized pieces, not smaller. If your food processor is small, you can do this in batches with one vegetable at a time.



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LIGHT BLUE CHEESE DRESSING INGREDIENTS:

- ½ cup reduced fat blue cheese crumbles
- 4 oz. fat free plain Greek yogurt
- 4 oz. fat free sour cream
- 2 tsp lemon juice
- 2 tsp white wine vinegar
- ½ tsp garlic powder
- ½ tsp onion powder,
- ½ tsp sea salt
- ¼ tsp black pepper
- Optional:
2 tsp milk, any non-flavored type

LIGHT BLUE CHEESE DRESSING DIRECTIONS:

In a small mixing bowl, mash the blue cheese crumbled. Add in the Greek yogurt and sour cream and mix well. Continue to mash the blue cheese into the mix until fully incorporated. Whisk in the rest of the ingredients. If you would like a thinner dressing, slowly add in the “optional” milk until you arrive at your desired consistency.

EAT & ENJOY

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