

## 7 LAYER SALAD

One of our family's favorites as well as the church potluck favorites!

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In a large preferably glass bowl (my punch bowl is perfect), cut up & layer the following (I use the food processor for the celery, peppers, onion, & cheese):

- 1 large head of Romaine lettuce or part Romaine & part baby spring salad mix\*
- 4 or more stalks of celery, chopped
- green peppers or the mini-colored peppers
- 1 mild onion
- frozen peas or chopped peas in the pod

Cover with a thin layer of mayonnaise & grated cheddar cheese. For added flavor, sprinkle on slivered almonds, toasted flax, chopped pepperoni or other seeds. The original recipe used bacon. I splurged with crab for a birthday party. Cover & refrigerate 4 hour to overnight. Toss & serve.

If you have a Kangen water machine, prewash all your fresh veggies in 11.5 water to remove the pesticides & improve the flavor!

\*I learned a super way to chop up the salad mixes in the cellophane containers. Use an Ulu to chop up enough salad mix while it is still in the container. Then just remove what you chopped. Then you aren't chewing huge mouthfuls of salad 'like a cow'.