

Betty's Healthy Green Pea Salad



Uploaded on 18 Aug 2011

In this video, Betty demonstrates how to make Healthy Green Pea Salad. This is a delightful blend of green peas, pickled beets, yellow squash, cucumbers, green onions, and parsley. It is tossed in white wine vinegar with sugar or sweetener.

Ingredient:

1 pound frozen green peas, steamed until crisp-tender

15-oz. can pickled beets, drained, rinsed, and cubed

1 yellow squash, cubed

1 cucumber, cubed

1/2 cup chopped green onion tops

1/2 cup chopped curly parsley

1/4 cup white wine vinegar (You may use any type of vinegar.) or to taste

1/4 cup sugar or artificial sweetener or to taste

Place 1 pound frozen green peas, a 15-oz. can cubed pickled beets, 1 cubed yellow squash, 1 cubed cucumber, 1/2 cup chopped green onion tops, 1/2 cup chopped curly parsley, 1/4 cup white wine vinegar, and 1/4 cup sugar or artificial sweetener in a large bowl. Toss, in order to coat all vegetables with vinegar and sugar. Cover with plastic wrap and refrigerate 4 hours (or overnight). Serve in small bowls or on salad plates. Enjoy! This is a healthy and hearty salad for those of you who are dieting. I hope you like it! --Betty ☐