

Grilled Vegetable Salad with Creamy Blue Cheese Dressing



Dressing Ingredients

1/3 c low-fat mayonnaise
1/3 c plain low-fat yogurt
1/4 c (1 ounce) crumbled blue cheese
1/4 c 1% low-fat milk
1/4 tsp freshly ground black pepper
1/8 tsp salt

Salad Ingredients

1/4 lb green beans, trimmed
1/4 lb snap peas, trimmed
1/4 lb carrots cut diagonally into 1/2 in-thick pieces
1 c (1/2-in-thick) slices red onion
Cooking spray
1/2 tsp freshly ground black pepper
1/4 tsp garlic powder
6 c torn romaine lettuce
1/2 c thinly sliced radishes

Dressing:

Combine first 6 ingredients, stirring with a whisk until well blended. Cover and chill. Prepare grill to medium heat

Salad:

*Cook beans, peas, and carrots in boiling water 3 minutes or until crisp-tender. Drain and plunge into ice water; drain. Place mixture in a large bowl, and add onion slices. Lightly coat vegetable mixture with cooking spray. Sprinkle with 1/2 tsp pepper and garlic powder; gently toss to coat.

*Place vegetable mixture in a wire grilling basket coated with cooking spray. Place grilling basket on grill rack, and grill 7 min on each side or until lightly browned. Arrange 1 1/2 c of lettuce on each of 4 salad plates. Divide the grilled vegetables and radishes evenly among servings. *Serve -1/4 c dressing with each salad

Nutrition:

Calories: 144	Saturated Fat: 2 g
Sodium: 185 mg	Carbohydrates: 20 g
Total Fat: 4.7 g	Protein: 7 g