

## Name: Crunch Salad

<b>Yield: Serves 10</b>	<b>Author: Barbara Walker</b>		
<b>Ingredients</b>	<b>Actual</b>		<b>Notes</b>
	<b>Weight</b>	<b>Measure</b>	
Broccoli – 1 bunch fresh washed			Chopped
Cauliflower – 1 head fresh washed			Chopped
Green onions – 4			Chopped
Onion – 1 medium			Chopped
Peas – 1 (10 oz) pkg frozen			Uncooked
Mayonnaise	1/4 cup		
Sour cream	1/2 cup		
Garlic powder	1/2 tsp		
Sugar	2 tbsp		
<b>Preparation</b>			
<b>Cooking Directions</b>			
<ol style="list-style-type: none"><li>1. Mix chopped broccoli, cauliflower, green onions and onions with peas.</li><li>2. Combine mayonnaise, sour cream, garlic powder and sugar and mix well to form dressing.</li><li>3. Pour dressing over mixed vegetables and mix well.</li><li>4. Cover tightly and refrigerate at least 3 hours before serving.</li></ol>			