



**Serves 6**  
**Cook Time: 25 minutes**

**INGREDIENTS:**

1 cup fresh or frozen peas

1 medium head butter lettuce,  
torn into 1- to 2-inch pieces (6  
cups)

2 medium tomatoes, cut into  
wedges

2 medium Persian cucumbers,  
thinly sliced

1 medium yellow bell pepper,  
cut into 1-inch strips

½ cup [Cilantro-Cashew Dressing](#)

¼ cup finely chopped green  
onions

1 tablespoon finely snipped  
fresh cilantro

## Butter Lettuce and Green Pea Salad

This colorful, refreshing butter lettuce salad is a serious crowd-pleaser that pairs perfectly with our Cilantro-Cashew Dressing. To make it a heartier dish, add your favorite cooked beans or whole grains.

By Darshana Thacker Wendel

- 1** In a small saucepan cook peas in a small amount of boiling water 5 minutes or until tender; drain. Rinse with cold water; drain again.
- 2** In a large bowl combine lettuce, tomatoes, cucumbers, bell pepper, and cooked peas.
- 3** Pour Cilantro-Cashew Dressing over lettuce mixture; toss to coat. Served topped with green onions and cilantro.