

## Composed Vegetable Salad with Curry Yogurt Dressing



**POINTS®** Value: 4  
Servings: 4  
Level of Difficulty: Easy

A composed salad is a gourmet's trick—rather than tossing everything together with the dressing, it's arranged on the plate, usually in discreet little bundles, and the dressing is drizzled on top. The effect is gorgeous and healthy.

### Composed Vegetable Salad with Curry Yogurt Dressing 4 Servings

**POINTS®** Value: 4

#### Ingredients

- 2 cup sugar snap peas
- 2 cup frozen green peas, or fresh peas
- 2 cup cooked wax beans, or fresh wax beans, trimmed (fresh preferred)
- 1 head romaine lettuce, medium-size, separated into leaves
- 12 medium cherry tomato(es), halved
- 1 medium yellow pepper(s), cored, seeded and diced
- 1 medium cucumber(s), peeled, seeded, and diced
- 1/4 cup golden seedless raisins
- 1/2 cup plain fat-free yogurt
- 2 Tbsp fat-free mayonnaise
- 4 tsp curry powder
- 2 tsp fresh lemon juice
- 1 tsp honey
- 1/4 tsp table salt
- 1 medium garlic clove(s), minced

#### Instructions

1. Bring a large pot of water to a boil over high heat. Add the sugar snap peas, peas, and beans; cook for 90 seconds. Drain in a colander set in the sink; rinse with cold water.
2. Arrange the Romaine leaves among four plates. Divide the sugar snap peas, peas, wax beans, cherry tomato halves, bell pepper, cucumber, and raisins among the plates, arranging the ingredients in small clumps or a decorative pattern.
3. Whisk the yogurt, mayonnaise, curry powder, lemon juice, honey, salt and garlic together in a small bowl. Drizzle dressing over the salads or serve on the side. Serve at once. Yields 1/4 of ingredients per serving.

#### Notes

- Tip: Want more? You can add cooked large cocktail shrimp to the composed salad before you add the dressing. Four large shrimp have 1 **POINTS** value. You can find cooked cocktail shrimp at the fish counter of most markets.
- Core Plan Idea: To make this recipe fit the Core Plan, just omit the honey and raisins; and consider adding halved seedless red grapes.