

# FUSION

## FITNESS STUDIO

### NUTRITION PER SERVING:

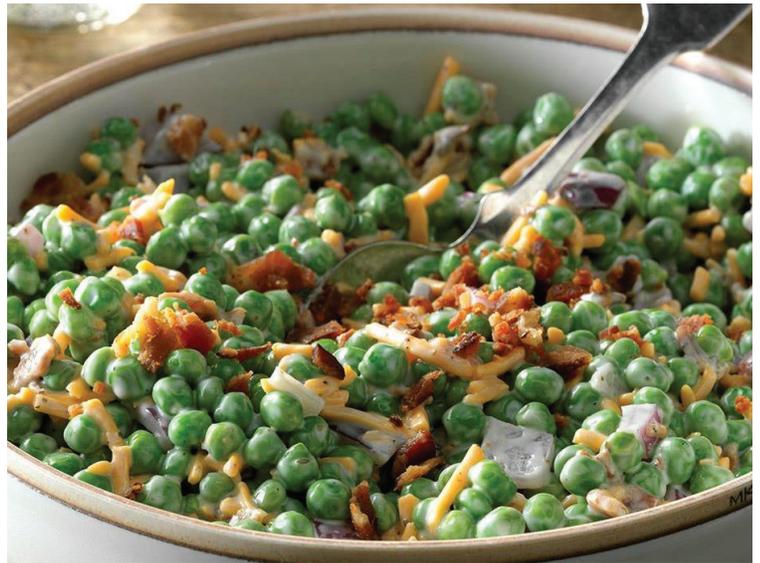
|              |      |
|--------------|------|
| CALORIES     | 254  |
| PROTEIN      | 15 G |
| CARBOHYDRATE | 16 G |
| TOTAL FAT    | 15 G |

|            |            |
|------------|------------|
| PREP TIME: | 10 MINUTES |
| COOK TIME: | 60 MINUTES |

|               |            |
|---------------|------------|
| YIELD:        | 6 SERVINGS |
| SERVING SIZE: | 1 CUP      |

### INGREDIENTS:

|          |                                         |
|----------|-----------------------------------------|
| 4 C      | FROZEN GREEN PEAS                       |
| 4 OUNCES | SHARP CHEDDAR CHEESE                    |
| ¼ C      | COOKED CRUMBLER BACON                   |
| ½        | MEDIUM RED ONION THINLY SLICED OR DICED |
| 2 TBSP   | SOUR CREAM                              |
| 2 TBSP   | MAYONNAISE                              |
| 1 TBSP   | APPLE CIDER VINEGAR                     |
| 1 TSP    | DRIED DILL                              |
| ½ TSP    | SALT                                    |
| ½ TSP    | BLACK PEPPER                            |



## GREEN PEA SALAD

CREAMY, CRUNCHY AND ALWAYS A CROWD FAVORITE. IT IS THE PERFECT SUMMERTIME SALAD FOR ANY OCCASION. **NOTE: PRE-COOK BACON IN THE OVEN OR REPLACE WITH BACON BITS**

- 01 Place peas in a microwave safe bowl. Microwave in 90 second increments, stirring in between, until peas are just barely thawed, but not hot.
- 02 Meanwhile, dice cheddar cheese into small cubes, or shred. Add cheese in with peas. Toss together with crumbled bacon and red onion.
- 03 Add in sour cream, mayonnaise, cider vinegar, dried dill, salt, and pepper. Stir until well combined. Taste and add more salt and pepper to taste.
- 04 Cover and chill in the refrigerator at least 1 hour before serving.

