

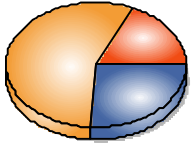


## Hoppin' John Salad w Molasses Dressing

By: Modified by DrJez LLC from Bon Appetit

Recipe grams: 1785.62g/63.0oz

Serves 4 446.40g/15.7oz per serving



Protein: 26%  
Carbohydrates: 56%  
Fat: 18%

### INGREDIENTS

12 oz HAM STEAK, UNHEATED  
1 1/2 cup SWEET POTATO, RAW  
30 pods OKRA, RAW  
1 1/2 cup BLACKEYED PEAS  
1 small ONION, RAW  
1/2 cup CORN, GOLDEN, WHOLE KERNEL  
1/4 cup VINEGAR, APPLE CIDER  
1/8 cup MOLASSES  
2 tbsp SPLENDA BROWN  
1 tsp CAYENNE PEPPER, GROUND  
1 tbsp OLIVE OIL, EXTRA VIRGIN  
1 head BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)

### DIRECTIONS

Cut sweet potato into 1- inch cubes and place in a microwave-safe bowl. Cover with plastic wrap and steam for 3-4 minutes on high.

Cut Ham Steak into 1- inch cubes. Cut red onion into chunks about the same size as the ham. Cut okra into 1 inch slices.

Spray a large pot with cooking spray and heat the ham and onion until lightly browned, about 2-3 minutes over high heat.

Add corn and heat for 1 minute. Add okra and steamed sweet potato.

Combine remaining ingredients and stir into mix until lightly heated.

Layer a bed of butter lettuce on four bowls making a lettuce bowl. Place 1/4 of mixture in each lettuce bowl and serve.

### Nutrition Facts

Serving Size: 1 serving (446.4g)  
Servings: 1

#### Amount Per Serving

Calories 380 Calories from Fat 70

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 2g **8%**

Trans Fat 0g

**Cholesterol** 40mg **15%**

**Sodium** 1520mg **60%**

**Total Carbohydrate** 52g **15%**

Dietary Fiber 9g **35%**

Sugars 12g

**Protein** 24g

Vitamin A 180% • Vitamin C 90%

Calcium 15% • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet.