

RECIPE:

Snap Pea Salad

Number of Servings: 4



Ingredients:

- 1 lb. sugar snap peas, trimmed and strings removed
- 3 oz. spring greens or spinach
- Lemon Vinaigrette:**
 - 3 Tbsp. olive oil
 - 3 Tbsp. lemon juice
 - 1/4 tsp. salt
- 1 tsp. fresh or 1/2 tsp. dried oregano
- 1 garlic clove, minced

Directions:

1. Wash hands with soap and water.
2. Lemon Vinaigrette: In a small jar or bowl, combine olive oil, lemon juice, salt, oregano and garlic. Cover and set aside. This can be made one day in advance. Refrigerate until ready to serve.
3. Gently rub snap peas under cold running water, trimmed and strings removed. Slice peas in half on the diagonal. Set aside. Gently rub spring greens or spinach under cold running water and pat dry.
4. Fill a 2-quart sauce pan half-full with water. Cover and bring to a boil.
5. Add raw peas and blanch for 2 minutes. Drain. Place in bowl and cover with cold water. Drain again.
6. Stir together the vinaigrette. Add about 1/4 cup of vinaigrette to peas and stir.
7. Place greens on a large platter. Top with peas. Use additional dressing if desired.

Options: Add these snap peas on top of whole grain rice or pasta.

Nutrition Info:

Nutrition Facts

4 servings per container	
Serving size	1 1/4 cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 3mg	15%
Potassium 16mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension