



Snap Pea Salad

4 servings

- 3 Tablespoons olive oil
- 3 Tablespoons lemon juice
- ¼ teaspoon salt
- 1 teaspoon fresh or 1/2 tsp dried oregano
- 1 garlic clove, minced
- 1 pound sugar snap peas, gently rubbed under cold running water, trimmed and strings removed
- 3 ounces spring greens or spinach, gently rubbed under cold running water and pat dry
- 1. Wash hands with soap and water.
- 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. Slice peas in half on the diagonal. Set aside.
- 4. Fill a 2-quart sauce pan (medium sized) 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 ¼ cup of vinaigrette to peas and stir.
- 7. Place greens or spinach on a large platter. Top with peas. Use additional dressing if desired.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes:

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

Nutrition Information per Serving (1¹/₄ cups): Calories 140, Total Fat 10g, Saturated Fat 1.2g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrates 10g, Fiber 3g, Total Sugars 4g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 6%, Iron 15%, Potassium 0%.

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