

Snap Pea Salad

Nebraska Seasonal Produce Guide

4 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 3 Tablespoons olive oil
- 3 Tablespoons lemon juice
- ¼ teaspoon salt
- 1 teaspoon fresh or ½ teaspoon 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 rub under cold running water and pat dry

Instructions

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. Slice peas in half on the diagonal. Set aside.
4. Fill a 2-quart saucepan (medium-sized) half-full with water. Cover and bring to a boil.
5. Add raw peas and blanch for 2 minutes. Drain. Place in a bowl and cover with cold water. Drain again.
6. Stir together the vinaigrette. Add about ¼ cup of vinaigrette to the 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.

Nutrition Information per Serving (1 ¼ 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%



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026