

Snap Pea Salad

4 servings



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 rubbed under cold running water and pat dry



Nutrition Information: Serving Size (1¼ 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%

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 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.

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



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