
Pea, Radish and Sugar Snap Pea Salad

Inspired by a recipe from *The Chew* (Carla Hall)



Servings: 4

1. Pour peas into a colander and run hot water over them for about 30 seconds. Set aside to drain.
2. Thinly shave radishes on a mandolin and put them into an ice bath for 10 minutes or so, to crisp them. Drain and blot on paper towels to remove as much water as possible.
2. In a large mixing bowl, add blanched peas, sugar snaps mint, parsley, lemon zest, lemon juice and olive oil. Season to taste with salt and pepper. Add the radishes at the last, taste for seasoning and serve. Try not to make more of this than you'll eat at one sitting as the peas with change color once it sits a few hours. It still will taste fine, but won't look as pretty!

1/2 pound frozen peas
1 bunch radishes, multicolor, if available, stems trimmed, thinly shaved
1 bunch mint, washed well, leaves pulled off stems, dried, then chopped
1 bunch Italian parsley, coarsely chopped
1 whole lemon, zest only
3 tablespoons olive oil
1/4 cup fresh lemon juice, add less to start, then you can always add more salt and pepper to taste

Per Serving (excluding unknown items): 146 Calories; 11g Fat (60.5% calories from fat); 4g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Fruit; 2 Fat.

Carolyn T's Blog: tastingspoons.com