

Smoked Salmon, Pea, Arugula and Prosciutto Salad

From a cooking class with Phillis Carey



Servings: 4

1. Heat 1 T. EVOO in a small nonstick skillet over medium heat. Add prosciutto and cook, stirring often, until crisp. Remove to paper towels to drain. Set aside.
2. Whisk lemon juice and mustard in a large bowl. Gradually add 3 T EVOO, whisking constantly, until emulsified; season vinaigrette with salt and pepper.
3. Working in batches, cook green peas and sugar snaps in a large pot of boiling salted water until crisp tender, about 2 minutes per batch. Immediately transfer to a bowl of ice water and swoosh peas around until cold; this sets their color and halts the cooking. Drain and pat dry with paper towels.
4. Add green peas, sugar snaps and arugula to bowl with vinaigrette and toss until well coated with dressing. Toss in prosciutto strips; season with salt and pepper.
5. Arrange salad on a platter or individual plates and top with smoked salmon and serve.

4 tablespoons EVOO, divided use
2 ounces prosciutto, thinly sliced across into strips
1 tablespoon fresh lemon juice
1/2 teaspoon Dijon mustard
salt and pepper to taste
1 1/4 cups green peas, fresh, cooked, or frozen, thawed
12 ounces sugar snap peas, about 3 cups, trimmed, blanched
4 ounces arugula, about 6 cups packed
10 ounces hard-smoked salmon, flaked in large pieces

Per Serving (excluding unknown items): 307 Calories; 18g Fat (53.4% calories from fat); 22g Protein; 14g Carbohydrate; 5g Dietary Fiber; 26mg Cholesterol; 957mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com