Greens, Picnic, Salads

Sugar Snap Peas, Edamame Salad with Feta, Arugula & Walnut Gremolata

https://www.sunset.com/recipe/blistered-snap-peas-with-feta-and-walnut-gremolata
Adapted from a Sunset Magazine recipe



WALNUT GREMOLATA:
3/4 cup olive oil
1/4 cup toasted walnuts
1/4 cup parsley leaves
1/8 teaspoon mild chile powder
zest of 1 lemon
1 teaspoon lemon juice
1 teaspoon garlic, minced
1/4 teaspoon kosher salt
SALAD:
2 cups sugar snap peas, blanched, shocked, and dried
1 cup edamame, use ready-to-eat type
3/4 cup walnut gremolata (from above) approximately
2 cups arugula, lightly chopped
1 teaspoon lemon juice, or more as needed to balance the acidity of the dressing
2/3 cup feta cheese, crumbled
1 teaspoon salt, or to taste

Per Serving (excluding unknown items): 405 Calories; 40g Fat (86.0% calories from fat); 8g Protein; 6g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 849mg Sodium; 2g Total Sugars; trace Vitamin D; 170mg Calcium; 2mg Iron; 227mg Potassium; 168mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Gremolata: In a food processor, combine all the ingredients and pulse until the parsley is finely chopped and the mixture is well blended. You won't use all of the dressing for the salad below. Store any leftover gremolata in an airtight container in the refrigerator for up to a week.
2. Snap Peas: Blanch the snap peas in boiling water for 15 to 20 seconds until bright green, then immediately transfer to ice water to cool completely. Drain and dry thoroughly. (You don't have to do this step as sugar snaps are fine eaten raw, but blanching them does make them a bit more tender.)
3. Combine in a serving bowl the sugar snaps, edamame and arugula. Toss lightly to mix, then add walnut gremolata and the lemon juice. Taste as you go, to not use too much dressing. Feta cheese is salty so don't add more salt until after you've added the cheese and tasted it. Add most of the feta and toss again, then sprinkle remaining feta on top. Serve.