



## Sugar Snap Pea and Radish Salad

A refreshing summer dish.

<u><b>U.S.</b></u>		<u><b>Metric</b></u>
1 lb	Sugar Snap Peas, trimmed, cut in 1/2 daigonally	454 g
4 each	Radish, trimmed, thinly sliced	4 each
1/4 cup	Mint, fresh, chiffonade	14 g
2 Tbsp	Feta Cheese, crumbled	14 g
2 Tbsp	Olive Oil	30 mL
1 Tbsp	Lemon Juice	15 mL
1 Tbsp	Shallot, minced	10 g
1/4 tsp	Salt, Kosher	1.5 g
1/8 tsp	Black Pepper, ground	0.3 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Prepare a bowl of ice water. Set aside
3. Bring a large pot of water to a boil.
4. Add sugar snap peas to the boiling water for about 2 minutes.
5. Drain the peas from the boiling water and place them into a bowl of ice water for about 2 minutes then strain the peas from the ice water, shaking off any excess water.
6. Add peas, radish, and mint to large salad bowl. Set aside
7. Whisk together oil, lemon juice, shallot, salt, and pepper
8. Add vinaigrette to salad and toss
9. Spinkle with feta cheese and serve chilled.

---

### **Nutrition Facts**

<b>Serving size</b>	<b>1 cup</b>
<b>Servings</b>	<b>6</b>
 <b>Calories</b>	 90
Calories from Fat	50
 Total Fat	 6 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	3.5 g
Cholesterol	5 mg
Sodium	140 mg
Carbohydrates	7 g
Dietary Fiber	2 g
Sugars	3 g
Protein	3 g
 Vitamin A	 20 %
Calcium	6 %
Vitamin C	80 %
Iron	10 %
Phosphorus	61 mg

---