

Healthy Recipe: Peas-in-a-Pod Salad

This salad combines sugar snaps and snow peas with a favorite pantry standby, frozen peas, in a tart + creamy yogurt vinaigrette.

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This crunchy, lightly cooked salad gives the humble pea some respect and is the perfect treat when peas are in season (usually springtime). Peas are sweet in all their forms. This salad combines sugar snaps and snow peas with a favorite pantry standby, frozen peas, in a tart + creamy yogurt vinaigrette.

20 min prep

4 servings

9 ingredients

Ingredients

- ½ pound sugar snap peas
- ½ pound snow peas
- 2 cups frozen baby peas
- 1 teaspoon minced scallion
- 1 tablespoon cider vinegar
- Salt and pepper, to taste
- ¼ cup olive oil
- 2 tablespoons plain Greek yogurt
- 3 cups baby kale, arugula or chopped pea shoots (see Chef Tips)

Directions

1. Bring a large pot of salted water to a boil. Prepare a large bowl with cold water and ice.

2. Add the sugar snap peas to the boiling water and cook for 20 to 30 seconds. Add the snow peas to the boiling pot of water, cook for 20 to 30 seconds, then stir in the frozen peas and cook for 20 seconds. Drain all the peas from the pot, then immediately drop them into the prepared ice bath. Drain again and pat dry.
3. In a bowl, whisk together the scallion, cider vinegar, salt, and pepper. Whisk in the olive oil, then the Greek yogurt. Taste for seasonings.
4. Before serving, add the peas to the dressing along with the baby kale, arugula, or pea shoots (fresh or wilted, if preferred — see Chef Tips). Toss to coat, then serve.

Chef Tips

This salad will be delicious with fresh or wilted greens. If you prefer wilted: To wilt the greens, wash the arugula and/or pea shoots in cold water without spinning them dry. Pop the wet greens into a saucepan with a lid. Turn up the heat. The water clinging to their leaves will turn to steam and in 30 seconds or so the greens will have wilted. Drain under running cold water to stop the cooking. Gently pat dry.

Nutrition Facts (per serving)

Calories: 242; Fat: 15g; Saturated Fat: 2g; Polyunsaturated Fat: 2g; Monounsaturated Fat: 10g; Carbohydrates: 20g; Sugar: 8g; Fiber: 8g; Protein: 9g; Sodium: 584mg

Registered Dietitian Approved

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