

Spring Pea, Asparagus and Mint Salad

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/spring-pea-asparagus-mint-salad.html>

Ingredients

2 cups frozen peas
1 bunch (about ¾ lb) asparagus, tough ends removed, sliced into 2 in. pieces
2 cups fresh pea shoots
Juice and zest of one lemon
½ cup fresh mint, roughly chopped
1 Tbsp. extra virgin olive oil

Directions

1. Fill a large saucepan ¾ full of water and bring to a boil over high heat.
2. Add peas to boiling water and blanch for 1 minute.
3. Strain peas using a slotted spoon (save the boiling water for the asparagus). Add peas to a bowl of ice water to stop cooking process, then strain again and set aside.
4. Add asparagus to the boiling water and cook until tender, about 2-3 minutes. Similarly drain asparagus and add to ice water for 1 min; drain and set aside.
5. In large bowl, combine peas, asparagus, pea shoots, lemon zest, lemon juice, mint and olive oil and toss to combine. Season with salt and pepper. Optional: garnish with a slice of lemon.

Makes 6 servings (about 1 cup each.)

Nutritional Information

Calories: 80	Dietary Fiber: 5 g
Total Fat: 2.5 g	Sodium: 35 mg
Saturated Fat: 0 g	Protein: 4 g
Cholesterol:	Carbohydrates: 12 g

