

Featured Ingredient... Snow Peas



SNOW PEA SALAD WITH TARRAGON DIJON DRESSING

Recipe from Carla Burke, RD

TOOLS NEEDED

cutting board, chefs knife, large bowl, small bowl, whisk

INGREDIENTS

- 1 Tbs Dijon mustard
- 1 tsp salt
- 1 small shallot or ¼ of a red onion.
- ¼ cup white balsamic vinegar or rice vinegar
- ⅓ cup extra virgin olive oil
- 2 Tbs fresh tarragon
- 1 – 8 oz bag fresh snow peas

DIRECTIONS

1. Cut the snow peas into small thin strips to maximize the cut surface area of the snow peas to allow dressing to flavor the snow peas. Add snow peas to a large bowl.
2. Roughly chop tarragon. Mince shallot or red onion. (This tastes even better if you microplane grate the shallot into the dressing instead of mincing).
3. In a small bowl, whisk together mustard, salt, shallot or onion, vinegar, olive oil, and tarragon. Pour dressing over snow peas and serve.

Adjust this salad to meet your goals may making these modifications to the ingredients:

WEIGHT GAIN

Increase to ½ c olive oil and serve with a meal full of complex carbs and protein rich foods

WEIGHT LOSS

Decrease the olive oil to ¼ c olive oil. Serve with a low to moderate amount of carbohydrates and moderate amount of lean proteins.

SPORTS PERFORMANCE

Serve with a meal full of complex carbs and lean protein-rich foods.

