

Strawberry and Pea Salad

Ingredients

4 cups	Tender greens, chopped
1 oz	Long pea shoots, chopped
1 cup	Frozen baby peas, thawed
1 cup	Fresh strawberries, quartered
1/4 cup	Sliced almonds, roasted or candied
1/4 cup	Parmesan cheese, shredded

Dressing

1/4 cup	Olive oil
2 T	White wine vinegar
1 T	Sugar
2 tsp	Dijon mustard
1 tsp	Poppy seed

Method

1. Whisk together the dressing ingredients or blend with an immersion blender if available.
2. Combine the chopped greens and pea shoots and toss with a small amount of dressing.
3. Place the greens on a salad plate.
4. Sprinkle the salads with green peas, strawberries, almonds and parmesan cheese.
5. Drizzle with additional dressing.
6. Makes about 4 salads.

Food Safety Reminders



Wash hands with soap and water before starting.
Wash anything that touches raw meat or eggs.
Gently scrub produce under running water.

Use separate cutting boards for meat and produce.
Wear gloves when handling ready to eat foods.
Follow proper cook-to and holding temperatures.

Notes

This salad is also good with blueberries and cashews.