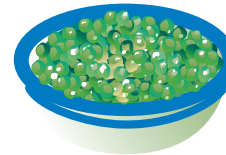


# Snow Pea Salad with Ginger Vinaigrette

## Ingredients:

- 1/2 pound snow peas
- 2 1/4 teaspoon cider vinegar
- 2 1/4 teaspoon Dijon style mustard
- 2 1/4 teaspoon water
- 1/4 teaspoon ground ginger
- 1 1/2 teaspoon olive oil
- 2 tablespoon red onion, thinly sliced



## Preparation:

1. Rinse snow peas, trim ends and strings.
2. Bring a large saucepan of water to a boil over high heat. Add snow peas and let the water return to a boil; boil for 30 seconds (do not overcook).
3. Immediately drain the snow peas in a colander and rinse with cold running water. Drain well.
4. In a large salad bowl, whisk together the vinegar, mustard, water and ginger. Whisk in the oil in a thin stream. Add snow peas and sliced onion to bowl; toss well.
5. Cover and refrigerate until ready to serve. You can make this salad up to one day ahead.

Makes two 3/4 cup servings

Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 40</b>
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	14%
Sugars 5g	
<b>Protein 4g</b>	
Vitamin A 4%	Vitamin C 90%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	