

Crunchy Sugar Snap Pea Salad

RECIPE

This is a versatile spring pea salad recipe that you can make with snap peas, pea flowers, and pea shoots from the garden!

Harvest: Lettuce, Pea Shoots, Peas, Radish, Mint, Chives, Calendula, Lemon
Servings: 12

Supplies

- Large Colander
- Cutting board & Knives
- Mason Jar with Lid
- Mixing bowls
- Plates, forks and napkins for serving

Ingredients

- 14 cups/3.5 quarts tender garden lettuce (add some pea shoots if you have them!)
- 4-6 cups sugar snap peas (option to add other spring garden veggies- thinly sliced radishes and carrots work great, too!!)
- 1 bunch mint, destemmed and gently torn
- 1 bunch chives, chopped
- Garden calendula, pea flowers or other edible flowers (optional)
- 1.5 cups sunflower seeds (optional)
- For dressing:
 - 2-3 lemons, juiced ($\frac{1}{4}$ cup juice)
 - $\frac{1}{2}$ Cup olive oil
 - 2 tbsp honey, or to taste
 - salt and pepper, to taste (start with 2 generous pinches)

Directions

- Wash the harvest first in colanders and dry it well with clean dish towels.
- Prepare the dressing by shaking all of the ingredients together in a sealed mason jar. Season with salt, pepper or more honey to taste.
- Add the ingredients for the salad together in a large mixing bowl. Add sunflower seeds last, then half of the dressing in the jar and toss the salad. Be gentle with the lettuce while mixing as it will bruise easily if over mixed.
- Taste a piece of dressed lettuce, and add more dressing or salt to taste if desired.
- If using edible flowers, add them at the end because they are delicate~ or each student could add their own edible flowers. Serve on plates with forks and napkins.

Notes

- It's possible to make this salad without lettuce, too. Just chop up a bunch of snap peas, carrots and radishes for an even crunchier version, and throw in some pea shoots too if you have them!

Recipe created for The School Garden Network's Cooking From The Garden program.