

Butter Lettuce with Sugar Snap Peas, English Peas, and Radishes with Honey Herb Vinaigrette

The sweet crunch of sugar snap peas and tender English peas and peppery radish slices are brought to light with a delicately sweet vinaigrette. Chill and pat the peas dry before adding them to the salad- it gives the best flavor and texture.

1 head butter lettuce, washed and dried, leaves torn into bite-size pieces
8oz fresh English peas, or 1 C frozen peas, thawed
8oz sugar snap peas, strings removed
6 medium radishes, thinly sliced
3 scallions, white and light green parts, thinly sliced
For garnish – 2 T coarsely chopped dill, tarragon, basil, chives and/or parsley
(Optional- 2oz. crumbled feta or ricotta salata, shaved with a vegetable peeler)

Honey Herb Vinaigrette

1/3 C fresh herbs- dill, tarragon, basil, chives or parsley (can substitute with 1 T dried), finely chopped
1 T white wine vinegar or apple cider vinegar
1 T fresh squeezed lemon juice
½ t lemon zest
1 t honey
1 t Dijon mustard
¼ - ½ C extra-virgin olive oil
Sea salt to taste

Prepare the vinaigrette: Put all the dressing ingredients except the olive oil, in a small jar and shake to combine. Add ¼ cup of olive oil and shake well. Taste and adjust for salt and more olive oil, if desired. (If you have a mini food processor, use that and process until emulsified). Set aside.

For the salad: If using fresh peas, sample them. If they are young, sweet, and tender, keep them raw. If they are older and a bit tough, blanch them in small pot of boiling water until they are tender, 2 to 4 minutes. Drain and immediately rinse under very cold water. Shake off excess water and refrigerate until well-chilled, at least one hour.

Bring another pot of water to a boil and add the sugar snap peas and blanch until crisp-tender, one to 2 minutes. Drain and immediately rinse under very cold water. Shake off excess water and refrigerate until well-chilled, at least one hour.

Combine the lettuce, scallions and radishes in a salad bowl, and toss to combine, taking care to separate the radish slices. Pat dry the English peas and sugar snap peas with a clean dish towel if they are very wet, and add them. Dress lightly and toss the salad gently (you may not need all the dressing); garnish with your roughly chopped herbs of choice. Serves 4.