



SIMPLE, FRESH FARM BOX MEALS

APR 8, 2024

Simple recipes so we can eat well & support local agriculture

Snap Pea Salad with Lemon Vinaigrette

YOU'LL NEED

Dressing

- 1 tbs lemon juice
- 1 tbs olive oil
- 1-2 garlic cloves - minced or grated
- 1 tsp Dijon mustard
- ½ - 1 tsp maple syrup OR honey
- 1 tbs - finely chopped shallot
- Salt & pepper to taste

Salad

- 1-2 cups sugar snap peas - ends trimmed, sliced thin at a diagonal
- 2 tbs chopped fresh basil (plus more for garnish OR sub tarragon or mint leaves)
- 2 tbs roughly chopped roasted salted pistachios (plus more for garnish OR sub other roasted salted nut or seed of choice)
- 1 tsp crushed red pepper flakes - optional

ALL YOU HAVE TO DO

- In a large serving bowl, combine the lemon juice, olive oil, garlic, mustard, maple syrup or honey, shallot (optional), salt, and pepper. Whisk to emulsify.
- To the same bowl, add the snap peas, basil, and pistachios and toss to combine and coat with the dressing. Taste and adjust as needed, adding more lemon juice for brightness, maple syrup for sweetness, or salt to taste.
- Garnish with additional basil and pistachios and the red pepper flakes (optional). Serve right away.
- Best when fresh. The dressing can be made up to 3 days in advance by adding the ingredients to a jar with a lid and shaking to combine. Let it come to room temperature before tossing with the snap peas, basil, and pistachios. Not freezer friendly.

Roasted Beet & Snap Pea Salad

YOU'LL NEED

- 3 beets (medium) - trimmed
- ½ lb snap peas - trimmed
- 1 tbs & 1 tsp Dijon mustard
- 1 tbs plus 1 tsp cider vinegar
- ¼ C olive oil
- 3 tbs chopped fresh dill OR 1 tbs dillweed.
- 1 ½ tsp sugar
- 2 2/3 oz fresh arugula - trimmed
- Dash of salt & pepper - additional seasoning of your preference

ALL YOU HAVE TO DO

- Preheat oven to 375°F. Wrap beets in aluminum foil. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets and cut into wedges.
- Cook sugar snap peas in large saucepan of boiling salted water until crisp-tender, about 1 minute. Drain. Rinse with cold water; drain well. Pat dry.
- Mix mustard and vinegar in small bowl. Gradually mix in oil, then dill and sugar. (Can be prepared ahead of time. Cover sugar snap peas and chill. Cover dressing and beets separately and let stand at room temperature.)
- Line platter with arugula. Mix beets, sugar snap peas and dressing in medium bowl. Season with salt and pepper (please feel free to season with your favorite seasonings). Spoon onto a bed of arugula and enjoy!

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