

# RECIPE



## Peas, Dates and Walnut Salad with Maple Walnut Vinaigrette

### Salad:

1 cup shelled fresh English peas  
½ box frozen baby peas, 5 - 6 ounces,  
thawed  
1 lb. sugar snap peas, trimmed  
1/3 lb. snow peas, trimmed and thinly sliced  
1/3 cup walnuts, chopped, toasted  
6-8 Medjool dates, pitted and chopped into  
medium dice  
½ lb. bacon, cooked, cooled, and cut into  
1/3" pieces

### Vinaigrette:

½ cup walnut oil  
¼ cup sherry vinegar  
¼ cup maple syrup  
1 tablespoon Dijon mustard  
½ teaspoon salt  
¼ teaspoon pepper  
1/8 teaspoon ground nutmeg

Bring a large pot of salted water to a boil over high heat. Fill a large bowl with ice and cold water. Add the English peas to the boiling water and cook about 1 minute. Carefully take them out of the boiling water and plunge into the iced water. Add the sugar snap peas to the boiling water. Cook for 2 minutes and into the ice water. Then add the snow peas for 30 seconds to the boiling water and put in the ice water. Drain and dry all the peas.

Whisk together all vinaigrette ingredients.

Put the walnuts in a small baking pan. Toast at 350 for 6 to 8 minutes. WATCH CAREFULLY!! You want the nuts nicely toasted but not burnt. Let cool...coarsely chop.

Place all the blanched peas and the thawed baby peas into a large bowl. Add the dates, walnuts, bacon and mix. Spoon ingredients onto a serving platter and lightly pour the vinaigrette over the salad. Serve.

More recipes and tips available at [www.fruitcentermarketplace.com](http://www.fruitcentermarketplace.com)