

# Snap Pea Almond Slaw

SERVINGS: 12

SERVING SIZE: 1/2 cup



## Ingredients

2 ¼ lbs	Fresh Sugar Snap Pea
12 oz	Fresh Carrots, Julienne Sliced
1 oz	Fresh Mint
½ cup	Soy Sauce
1 oz	Sliced Almonds

## Directions

1. Blanch carrots by adding to a large pot of boiling water for 1-3 minutes. Quickly remove and immediately place in an ice bath and cut in half.
2. To prepare salad dressing: in a blender combine lime juice, mustard, honey, garlic, salt, pepper, ginger and nutmeg. Blend for 1 minute. With blender running on low, slowly pour the oil and emulsify.
3. In a mixing bowl, add diced pineapple and arugula to the cooled carrots, toss to combine.
4. Pour dressing over carrot mixture and mix gently.
5. Serve chilled, garnish with scallions

Nutritional per serving:

**calories** 100 kcal, **fat** 3 gm, **protein** 1 gm, **carbs** 20 g, **fiber** 2.5 g, **sodium** 55 mg