

TRIPLE PEA AND ASPARAGUS SALAD WITH FETA MINT DRESSING

Preparation: 20 mins. | Cooking: 30 mins. | Servings: 4

INGREDIENTS

10 ounces shelled green peas (fresh/frozen)	1 1/2 tablespoon fresh lemon juice, plus 1 teaspoon lemon zest
8 ounces asparagus, woody stems removed	1 teaspoon kosher salt
6 ounces sugar snap peas, trimmed	2 teaspoons finely chopped garlic
6 ounces snow peas, trimmed	1 teaspoon sea salt
1 six-ounce block feta cheese	3/4 teaspoon freshly ground black pepper
4 cups vegetable stock	1/3 cup crumbled feta cheese
1 cup uncooked farro	1/4 cup chopped red onion
1/2 cup plus 2 tablespoons olive oil	2 tablespoons Miracle Whip Light
2 tablespoons chopped fresh mint	1/2 teaspoon salt
	1/4 teaspoon pepper
	Chopped cherry tomatoes (optional)



INSTRUCTIONS

Place farro in a large pot, and cover with the vegetable stock. Bring to a boil over high heat. Cover, reduce heat to medium-low, and cook until farro is soft yet chewy, about 25 minutes. Drain liquid and let cool. While farro cooks, place feta in a bowl and top with olive oil, mint, lemon juice and zest, 1 teaspoon garlic and 1/4 teaspoon black pepper. Using the back of a fork, mash the feta into small chunks. Next, bring a small pot of water and kosher salt to a boil. Add green peas and blanch about 90 seconds. Drain immediately, and let peas cool under cold running water. Heat a large skillet over high heat and add olive oil and remaining garlic. Add the sugar snap and snow peas. Season with 1/2 teaspoon sea salt and 1/4 teaspoon black pepper. Cook 3-4 minutes. Remove from heat, place on plate and cool. In same skillet, add remaining olive oil and asparagus. Add salt and pepper and cook 2-3 minutes. Remove from pan and cool. Toss everything to combine, and top with the mint.