



Fresh and Light Recipe from Nice

Springtime Lemon Light Pea Salad

Light leafy greens pack a powerful nutrient punch

- 4 strips bacon as desired
- 2 Tablespoon olive oil
- 2 slices raisin or plain bread, crust removed, cut into ¼ inch dice pieces
- 1 cup frozen peas
- 6 ounces snap peas, thinly sliced
- 2-1/2 cups fresh watercress, roots removed
- 1 Tablespoon fresh lemon juice
- 3 Tablespoons olive oil
- Salt; ground black pepper to taste
- 2 Tablespoons Pecorino Romano cheese or as desired

In 9-1/2-inch cast iron skillet, cook bacon strips over medium heat until brown and crisp. Remove to paper lined plate; cook; crumble and dice into pieces. Remove pan drippings; add olive oil and 1 Tablespoon pan drippings to hot skillet.

Add bread cubes to hot skillet; fry until golden brown; tossing frequently. Set aside.

Place peas in microwave safe bowl; cook in microwave at high power for 1 minute. Remove; place in large salad bowl.

Place snap peas in microwave safe bowl; cook in microwave at high power for 1 minute. Remove; place in salad bowl with peas. Trim roots from watercress; cut into salad serving pieces; place in bowl with peas. Add crumbled bacon.

Prepare Dressing: In small bowl, whisk lemon juice and olive oil together; season with salt and black pepper. Add to salad; toss to coat. Add croutons; toss with salad. Sprinkle top of salad with shredded Pecorino Romano cheese as desired. Serve immediately. Yield: Serves 4

Cook's Note: The original recipe calls for using pea shoots and pea sprouts. Our stores didn't have those products, so I used watercress as a substitution, which is one of the healthiest green vegetables. Dress the salad right before serving, or the tender spring leaves will start to go limp. I also used raisin bread for the croutons, adding a touch of raisin sweetness.

Recipe Inspired by Cathy Mantuano and Tony Mantuano, "Wine Bar Food" book

About the Recipe: Using the early peas, sprouts, or snap peas add a tender texture to the light lemon dressed salad. A touch of crisp bacon and crunchy croutons add a delightful contrast of textures and flavors.

