



Sarah's Sugar Snap Spring Salad with Minty Chive Vinaigrette features a bevy of fresh spring flavors, including sugar snap peas, radishes, carrots, mint and chives. Sarah Nasello / The Forum

Sugar Snap Spring Salad

Serves: 4 to 6

Ingredients:

3 cups fresh baby greens (Romaine, arugula or mixed greens)
1 large carrot, peeled and sliced into thin rounds
2 large radishes, thinly sliced
1 mini cucumber, sliced just a bit thicker than carrot and radishes
½ cup navy beans, drained and rinsed
2 cups sugar snap peas, ends trimmed and sliced in half on the side opposite the seams
Minty Chive Vinaigrette

Directions:

In a medium bowl, toss fresh greens with 1 to 2 teaspoons of vinaigrette, until lightly coated. Place dressed greens on a serving platter in an even layer.

In the same bowl, repeat this step with carrots, radishes and cucumbers, tossing until combined. Add navy beans and toss again. Distribute mixture evenly over fresh greens.

Scatter sugar snap peas around top and sides of the platter and drizzle salad with 1 to 2 tablespoons of vinaigrette. Serve immediately.

Sarah's Tips:

- Use a food mandoline (or very sharp knife) to slice carrot and radishes into paper-thin slices and adjust the setting to slice the cucumber just a bit thicker.
- The vegetables can be prepared in advance and refrigerated for up to 2 days before assembling the salad.
- My master vinaigrette recipe is this recipe, without the fresh herbs. I keep a large jar of this basic dressing on hand and either use it on its own or with any combination of flavor-building ingredients like fresh herbs, citrus juice and zest, garlic, shallots and honey.

Minty Chive Vinaigrette

Ingredients:

½ cup extra-virgin olive oil
¼ cup white wine or Champagne vinegar
1 teaspoon Dijon mustard
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 tablespoon fresh mint, finely chopped
1 tablespoon fresh chives, finely chopped

Directions:

Place vinaigrette ingredients in a small bowl or Mason jar and whisk or shake vigorously until fully combined and emulsified.

Vinaigrette should be prepared at least 30 minutes before assembling the salad and may be refrigerated for up to 1 week. Whisk or shake vigorously before serving.

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"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.