
Summery Pea Salad

Description

This is a lightened up version of a popular salad that everyone loves and is a perfect side dish at your next BBQ.

Total time: 25 min Yield: 6 Servings

Ingredients

1 pkg frozen green peas (16 oz. package; defrosted in a colander using very hot water)
1 can sliced water chestnuts (12 oz. can; drained)
1/2 cup red onion (finely chopped)
1/2 cup light mayonnaise
3/4 cup fat free or light sour cream
1 tsp garlic salt
salt
fresh ground black pepper
1 pkg dry ranch style dressing
1 tomato (sliced into wedges)

Prep Time: 25 min Total Time: 25 min

Instructions

Defrosting the peas with hot water will blanch them and retain their bright green color. Dry the peas thoroughly – put some paper towels out on a cutting board, then lay out the peas and blot them gently with another paper towel.

Place peas in a large bowl; gently fold in water chestnuts, red onion, mayonnaise, sour cream, garlic salt, salt and pepper. The dry ranch dressing should be added one teaspoon at a time according to your own preference – usually I add about a tablespoon. Pour the pea salad into a bowl and arrange the tomato wedges on top as an edible garnish. Keep refrigerated until ready to serve.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai