

New Potato & Baby Pea Salad

Fresh produce makes this recipe very special. We have a hard time getting fresh peas so the frozen ones work just fine.

2	lbs	new or baby potatoes, cleaned & halved	1	Tbs	butter
2	tsp	oil (canola)	2	Tbs	fresh parsley, chopped
1	bunch	scallions or green onions, white only, finely chopped	1/2	tsp	salt
2	cups	frozen green peas or fresh is available	1/4	tsp	pepper (freshly ground)
1/4	cup	water			

Procedure

1. Steam baby or new potatoes just until barely tender when pierced with a fork. About 15 to 20 minutes. 2. While potatoes are cooking, heat oil in a large skillet over medium heat. Add scallion whites and cook, stir constantly, for about 2 minutes. Add the peas and water, cook stirring occasionally, until the peas are just softened, around 3 minutes. Add butter and stir till melted. 3. Gently stir in the steamed potatoes, herbs, salt and pepper. Best if served warm.

Degree of Difficulty: Easy

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Inactive Time:

Total Time: 35 minutes

Nutrition Facts

Serving size: Entire recipe (49.7 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	1158.83
Calories From Fat (17%)	202.57
	% Daily Value
Total Fat 23.03g	47%
Saturated Fat 8.19g	55%
Cholesterol 31.08mg	14%
Sodium 9702.74mg	539%
Potassium 5685.54mg	217%
Total Carbohydrates 210.68g	94%
Fiber 31.04g	166%
Protein 35.99g	96%

Recipe Type

Salad

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.