

# Snow Pea Salad

*Serves 4*

- 5 ounces snow peas, strings and tips removed, cut diagonally**
- 2 ounces bean sprouts**
- ¼ medium red bell pepper, julienned**
- 1 tablespoon soy sauce**
- 2 teaspoons sesame oil**
- 1 tablespoon sesame seeds, toasted**
- Salt, to taste**

**1** Blanch snow peas in boiling water for 8 to 10 seconds, then shock quickly in ice water. Pat dry.

**2** In a medium bowl, combine the snow peas, bean sprouts and red pepper. Toss with the soy sauce, sesame oil and sesame seeds. Season to taste with salt. Serve chilled.

**Nutrients per serving:** 57 calories, 2g protein, 5g carbohydrates, 2g fiber, 3g fat (1g saturated fat), 0mg cholesterol, 304mg sodium ■

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