



Green & Orange Spring Salad

Makes: 4 servings

Prep Time: 20 minutes Cook Time: 20 minutes

Total Time: 40 minutes

Salad:

- 1/3 cup unskinned hazelnuts
- 1 pound green beans, stem end trimmed
- 1 pound sugar snap peas, trimmed
- 1 cup frozen green peas
- 2 blood oranges (or any oranges available)

Dressing:

- 2 tbsp blood orange juice (or any orange juice available)
- 2 tbsp red wine vinegar
- 1/4 cup extra virgin olive oil
- 1 tsp honey
- 1 tsp Dijon mustard
- 1/2 tsp Kosher salt
- 1/4 tsp black pepper

Preheat oven to 325°F with rack in middle. Toast hazelnuts on a small baking sheet until centers are golden, about 15 minutes (cut one open to test for doneness). Place hot hazelnuts into a medium sized Tupperware container with a tight-fitting lid and shake the container until all the outer skin of the nuts loosens and fall off the hazelnuts. Remove skinned nuts and discard skin.

Cut peel, including all white pith, from oranges with a paring knife. Cut orange into 1/4-inch thick slices.

Bring a large pot of water to a boil. Add 2 tablespoons Kosher salt to the water. Add green beans and cook for 3 minutes. Add sugar snap peas and frozen peas and cook for an additional

minute. Drain pot and plunge vegetables into a large bowl, filled with ice water to stop cooking. Drain and pat dry.

Place all dressing ingredients in a jar and shake well to combine.

Arrange green beans, sugar snap peas and green peas on a platter. Scatter orange slices and chopped toasted hazelnuts on top of greens. Drizzle with dressing. Top with additional salt and pepper if needed

Recipe adapted from Salt & Serenity