

# Spring Pea & Orzo Salad

**Source:** Ellen Siegel

**Serves:** 4-6

**Ingredients:**

- 8 oz orzo, cooked
- 1 lemon, 2 tsp zest & ½ cup juice
- 2 TBSP olive oil
- ¼ cup minced shallot or red onion
- 1 TBSP Dijon mustard
- ½ tsp sea salt & freshly ground black pepper
- 1 ½ cup fresh shelled peas or frozen, cooked 1-2 minutes
- 1 cup snow peas, blanched in boiling salted water and sliced on the diagonal to ½" pieces
- 1 cup fresh chopped herbs – parsley (flat leaf for most flavor), mint, chervil, chives, tarragon

**Instructions:**

1. Cook orzo according to package directions. Let cool.
2. Combine in a small bowl and whisk – lemon juice, shallot or red onion, Dijon mustard, olive oil, salt & pepper.
3. Blanch snow peas in salted boiling water no more than 1 minute, transfer to ice water to stop cooking and preserve bright green color. Drain and let dry. Cut on diagonal about ½", 3 to 4 cuts, depending on size.
4. Blanch fresh shelled peas on frozen, 1-2 minutes following instructions above for snow peas.
5. Combine snow peas, shelled peas, orzo and chopped herbs.
6. Add dressing, toss and chill – taste when chilled and adjust salt and pepper if needed.