

Peas and Peanuts Salad

- 2 cups green peas, shelled or 2 cups frozen peas, thawed
- 1 cup lightly or unsalted roasted peanuts
- 1 cup chopped celery
- 1/4 cup chopped red onion
- 3 tablespoons crumbled, crisp bacon
- 1/2 cup reduced fat mayonnaise
- 1 tablespoon fresh lemon juice



1. For fresh peas, blanch shelled peas 1-1/2 minutes. Drain and chill in ice water for 2 minutes. Drain well. Pat dry.
2. In large bowl, combine peas, peanuts, celery, onion, and bacon.
3. Combine remaining ingredients well in small bowl. Pour over peas/peanut mixture and stir gently to combine. Chill until serving.

Serves 8.

Nutrition Facts (with unsalted peanuts)		
Servings per recipe: 8		
Calories 189	Calories from fat 117	
% Daily Value		
Total Fat 13g	21%	
Saturated Fat 2g	11%	
Cholesterol 8mg	3%	
Sodium 171mg	7%	
Carbohydrate 12g	4%	
Dietary Fiber 4g	14%	
Protein 7g	14%	
Vitamin A: 6%	Vitamin C: 16%	Folacin: 13%
Calcium: 3%	Iron: 6%	Potassium: 7%