



LIVE WELL WATERTOWN

## Sugar Snap Salad with Miso Dressing

**Adapted From:** Oregonian Recipes

**Prepared By:** Chef Carabeth

**Total Time: 25 MINS; Prep Time: 20 MINS**

### INGREDIENTS

- 8 ounces sugar snap peas, untrimmed
- 8 ounces napa cabbage, cut in thin ribbons (about 3 cups)
- 4 ounces radishes (4 medium-large), julienned or quartered and thinly sliced
- 3 large scallions (about 1/2 bundle), white and green parts, thinly sliced on the bias
- 3 tablespoons sesame seeds, well toasted (divided; see note)
- 1 tablespoon peeled and minced fresh ginger
- 1 large clove garlic, minced
- 2 tablespoons mild yellow or white miso, plus up to 1 more tablespoon to taste
- 2 tablespoons sesame seed paste or tahini
- 1 tablespoon honey
- 1/4 cup rice vinegar
- 2 tablespoons dark sesame seed oil
- 2 tablespoons vegetable or olive oil

### DIRECTIONS

Bring a large pot of salted water to a boil, and prepare a small ice-water bath. Boil the sugar snaps for about 2 minutes, or until just barely cooked but still crisp. Scoop them out with a large slotted spoon and drop them in the ice-water bath. Once they're cool, drain and pat dry. Trim ends and cut sugar snaps on bias into thin slices. Toss in large bowl with cabbage, radishes, scallions and 1 tablespoon sesame seeds.

To make dressing: Whirl all ingredients, using the smaller amount of miso, in a blender until smooth. Taste and adjust ingredients -- use the extra tablespoon miso if desired. Don't fret if it is a tad salty, and try to resist the urge to compensate with extra honey. The sugar snaps have a mellow sweetness to them that balances well with a saltier-than-normal dressing.

Toss salad with half of the dressing, and taste. Use more if you desire, which I bet you do. If not, be delighted that you will have extra for your next salad. Sprinkle with remaining 2 tablespoons sesame seeds. Dig in.

Note: To toast seeds, spread on baking sheet and bake in a 300-degree oven for 5 to 8 minutes or until brown.