

Pesto Pea Salad

Author: Barefoot Contessa at Home by Ina Garten

Carolyn T's
Cookbook

Servings: 4



2 cups frozen peas, baby peas, if possible

2 tablespoons pine nuts

2 1/2 cups spinach leaves, baby spinach, if possible

4 tablespoons pesto sauce

2 tablespoons grated Parmesan cheese

Serving Ideas: Is a GREAT addition to a barbecue dinner. The original recipe doesn't call for the Parmesan, but I just added a little bit on top and thought it was a nice addition

Categories: Salads

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 171 Calories; 10g Fat (52.3% calories from fat); 9g Protein; 12g Carbohydrate; 4g Dietary Fiber; 6mg Cholesterol; 245mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Notes: If you want to make Ina Garten's pesto for this: In a food processor combine 1/4 cup walnuts, 1/4 cup pine nuts and about 9 medium garlic cloves, peeled. Process for about 30 seconds. Add 5 cups of basil leaves, 1 tsp kosher salt and 1 tsp black pepper. With the processor running, slowly pour in 1 1/2 cups good olive oil through the feed tube and process until the pesto is finely pureed. Add 1 cup Parmesan cheese and puree for about 30 more seconds, stopping once to scrape down the sides. Pour into a tall container and float a little olive oil on top and store in refrigerator. Makes about 2 cups - a lot more than you need for the salad recipe. This salad likes a generous amount of pesto - the tendency is to not do enough. However, there's a fine line - don't add too much, either. So, taste as you go.

Description: This is such an easy salad if you have everything prepared ahead

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

1. If you're in a hurry, run hot water over the peas; otherwise, defrost them in the refrigerator for several hours.
2. Toast the pine nuts in a frying pan until golden brown. Watch them carefully as they burn quickly.
3. Place the spinach leaves in a salad bowl. Sprinkle with peas and pine nuts. Add pesto and toss. Sprinkle Parmesano on top and serve.