

# Real Simple's Spring Pea Salad

Prep Time: 15 mins

Total Time: 15 mins

Servings: 4

## Ingredients

½ cup fresh mint leaves, torn  
1 tablespoon capers, roughly chopped  
1 small shallot, thinly sliced  
1 teaspoon lemon zest, grated  
¼ cup extra virgin olive oil  
1/8 teaspoon kosher salt  
¼ teaspoon black pepper  
1 lb green peas, blanched if fresh, thawed if frozen  
½ cup goat cheese, crumbled

## Directions

1. In a medium bowl, combine the mint, capers, shallot, zest, oil, salt, and pepper.
2. Add the peas and goat cheese and toss gently.
3. Serve at room temperature.

## Nutrition Facts

Serving Size: 1 (136 g)

Servings Per Recipe: 4

<b>Amount per Serving</b>	<b>% Daily Value</b>
<b>Calories 217.5</b>	
<b>Calories from Fat 126</b>	<b>57%</b>
<b>Total Fat 14.0g</b>	<b>21%</b>
Saturated Fat 1.9g	9%
<b>Cholesterol 0.0mg</b>	<b>0%</b>
Sugars 6.4g	5%
<b>Sodium 125.6mg</b>	<b>5%</b>
<b>Total Carbohydrate 17.8g</b>	<b>24%</b>
Dietary Fiber 6.2g	25%
Sugars	12%
Protein 6.4g	

