Crunchy Snap Pea Salad with Tarragon Dressing

Chef Kathryn and the South Huntington Library

Serves 2 as a main or 4 as a side

**Ingredients:**

8 ounces sugar snap peas, thinly sliced lengthwise

1 cup shredded Napa cabbage

1 cup shredded red cabbage

1 large carrot, cut into matchsticks

½ cup toasted cashews, roughly chopped, plus more for serving

2 scallions, thinly chopped

1 teaspoon toasted sesame seeds

**Dressing:**

3 tablespoons avocado oil, or other neutral oil

2 tablespoons rice vinegar

2 tablespoons chopped tarragon, plus more leaves for serving

1 tablespoon white miso

1 sesame oil

1teaspoon finely grated ginger

½ teaspoon honey

Kosher salt and freshly ground pepper to taste

**Procedure:**

1. In the bottom of a large bowl, whisk together all the dressings ingredients. Season with salt and pepper
2. Add all the salad ingredients to the bowl, except for the sesame seeds, and toss to coat and combine. Season with salt and pepper
3. Serve topped with more cashews and tarragon and sprinkle with sesame seeds.

**Chef’s Notes:**

You can blanch the snap peas for one minute and then shock in a bowl of cold water, then drain, if you prefer. My favorite Kosher salt is the brand, *Real Salt.*

Recipe adapted by Chef Kathryn Bari-Petritis, [www.thehealthchef.com](http://www.thehealthchef.com)

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