



Balsamic Pea Salad

Ingredients

- 1 (1 lb.) package of frozen green peas
- ½ cup of chopped almonds
- ½ cup of chopped green onions
- ½ cup of crumbled feta cheese
- ¾ cup of mayonnaise
- 2 TBSP of balsamic vinegar
- Black pepper to taste

Preparation

1. Place peas in a colander and run over warm water until they are thawed.
2. Place peas in a large bowl.
3. Combine almonds with peas.
4. Stir in onions, feta cheese, and mayonnaise.
5. Mix in balsamic vinegar, and season with black pepper.
6. Cover and refrigerate.

Nutrition Information based on one portion (8)

Calories: 236	Total Fat: 21 g	Total Carbohydrate: 9 g	Dietary Fiber: 3 g
Protein: 5 g	Sodium: 247 mg	Calcium: 79 mg	Iron: 1 mg

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