

# FOOD



## Spring Peas With Dates and Walnuts

Total prep/cook time is 25 minutes; yields 6-8 servings.

**Ingredients:**

- Pinch of salt
- 2 cups shelled fresh English peas or thawed frozen peas (about 10 ounces)
- 1 pound sugar snap peas, trimmed
- 1/4 pound snow peas, trimmed and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, thinly sliced
- 1/4 cup chopped walnuts
- 1/4 cup chopped pitted dates
- Pinch of cayenne pepper
- 2 teaspoons walnut oil

**Directions:**

1. Bring a large pot of salted water to a boil over high heat. Fill a large bowl with ice water. If using fresh English peas, add to the boiling water and cook until tender, about 1 minute. Add the snap peas and cook until bright green, about 2 minutes, then add the snow peas and cook 30 seconds.

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### GOOD (GettingOutOfDebt)

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conducted by John Olive of **TEAM 1**

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