

## Food



Spring Garden Strawberry Salad

## Ingredients:

- 1 1/2 cups trimmed fresh sugar snap peas (about 5 oz.)
- 1 (4-oz.) package baby arugula
- 2 cups sliced fresh strawberries
- 1 cup seeded and chopped English cucumber
- 3/4 cup frozen baby English peas, thawed
- 4 ounces Gorgonzola cheese, crumbled
- 6 cooked bacon slices, coarsely chopped

## **Directions:**

1. Arrange sugar snap peas in a steamer basket over boiling water. Cover and steam 1 to 2 minutes or until crisp-tender. Plunge peas into ice water to stop the cooking process; drain. Cut peas diagonally in half

**2.** Toss together arugula, next 5 ingredients, and sugar snap peas on a large serving platter. Serve with Sweet Basil Vinaigrette.



Need a good doctor?
CareOregon
has thousands.





yourwholehealth.com