



The Savory Supe

By **Scottie Hines, CGCS**
Windsong Farm Golf Club

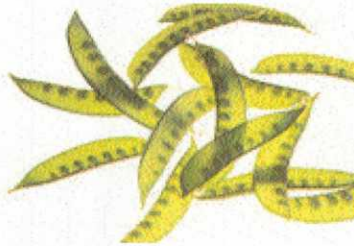


Chicken, Red Pepper, Snow Pea Salad

This is a great summer salad. Serves 4-6. For those of you who are active gardeners this is a great way to use your homegrown vegetables!

Ingredients:

- 2 1/2 cups cooked, cubed chicken
- 3/4 cup pine nuts
- 3 large red bell peppers, diced 1-inch sq.
- 3 clove garlic, minced
- 3/4 pound fresh snow peas, ends removed
- 3 tablespoons balsamic vinegar
- 5 1/2 tablespoons vegetable oil
- 1 tablespoon lemon juice
- 2 teaspoons Asian sesame oil
- 1/4 teaspoon salt
- 7 - 8 cups fresh salad greens



Cook the chicken, as you like: grilled, fried or baked. Dice into 1 inch cubes, set aside and cool. Clean and cube the red bell peppers and clean and remove ends from snow peas.

In a 3-quart pot, heat 1 tablespoon of vegetable oil. Add 1 minced garlic clove and the pine nuts. Stir occasionally until the pine nuts are golden brown. Drain on paper towels. Using the same pot, fill approximately fl full with water. Heat to

boiling. Add the snow peas and red peppers. Stir occasionally until cooked, yet crisp (generally 1 - 2 minutes). Drain the veggies and rinse in cold water. Dry on a paper towel. Turn off heat.

Return the peppers and snow peas to an unheated pot along with the pine nuts and remaining ingredients. Stir/toss thoroughly until evenly mixed. Refrigerate at least 1 hour.

Serve over a bed of your favorite salad greens.

As you are cooking this, you can season the chicken or veggies to your liking beyond what the recipe calls for.

For another twist you can substitute the snow peas for fresh green beans and the chicken for your favorite steak.

Enjoy!
Scottie H

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