

Sugar Snap Peas




Selection - Choose firm peas that are bright green and free from cuts or spots.

Storage - Store in the refrigerator (stays fresh for 2 days).

Nutrition - Iron in sugar snap peas supports healthy blood and running of all cells.

3 EASY WAYS TO USE SUGAR SNAP PEAS

- To eat peas raw, wash them and then snap the end off to remove the string. Eat as a snack or chop and add to salads for extra crunch.
 - To sauté peas, heat olive oil in a pan over medium-high heat. Add the peas; toss until coated. Cook for about 2 minutes. Add about 1 teaspoon lemon juice and a pinch of pepper. Cook for 3-5 more minutes.
 - To roast peas, toss them in a bowl with oil, Italian spices and chopped onion. Spread onto a baking pan and cook at 400 degrees for about 10 minutes.
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Roasted Sugar Snap Peas

Makes 3 Servings

Ingredients

- ☐ 1-pound sugar snap peas
- ☐ 1 teaspoon olive or vegetable oil
- ☐ 1 tablespoon soy sauce
- ☐ 1/4 teaspoon
- ☐ Black pepper

Directions

1. Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.
2. Place the peas on a metal baking sheet.
3. Bake in a 400-degree oven for 8-10 minutes. Turn a few times while roasting.

