

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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Baked Mac and Cheese with Tomatoes, Peas and Chicken

Makes 4 Servings

Ingredients

- ☐ 1 box macaroni-and-cheese
- ☐ 1/2 cup milk
- ☐ 1/2 cup shredded cheese (Italian or cheddar)
- ☐ 1 tablespoon flour
- ☐ 1 (12.5 ounce) can chicken, drained and shredded with a fork
- ☐ 1 (14.5 ounce) can diced tomatoes, drained and rinsed
- ☐ 1/2 cup frozen peas, thawed and drained
- ☐ 1/2 teaspoon garlic powder
- ☐ Pepper
- ☐ 1/4 cup bread crumbs or crushed crackers

Directions

1. Preheat oven to 375 degrees.
2. Make macaroni-and-cheese as directed on the package.
3. Place the made macaroni-and-cheese on the stove on low heat. Add milk, cheese and flour and stir until cheese melts.
4. Stir in chicken, tomatoes, peas and spices.
5. Pour into a greased 8×8" baking pan. Top with bread crumbs or crushed crackers.
6. Bake for 20 minutes. To brown the bread crumbs, broil for 3 minutes or until the top is golden-brown.

Recipe from: Feeding Pennsylvania and PA Eats

