Snow Peas

NUTRITION

▪ Provides 100% of your daily Vitamin C requirements – boosting your immunity!
▪ Rich in antioxidants flavonoids and carotenoids to help keep you healthy.

Did You Know? (DYK)

• Originated from southwest Asia
• A part of the legume family like beans, peanuts, and peas
• Similar to sugar snap peas

PREPARATION & STORAGE

▪ Peak season is from spring to the start of winter
▪ Great raw and cooked! Dip in hummus for a snack or cook into a stir fry.
▪ Remove string from pod and enjoy!

Asian Chicken Stir Fry

(recipe courtesy of Healthy Family Project)

**Ingredients:**

| 2 teaspoons | Olive Oil |
| 1 pound     | Boneless Skinless Chicken Breast, Sliced |
| 8 ounces    | Sliced Mushrooms |
| 1 teaspoon  | Garlic Powder |
| 4 ounces    | Snow Peas |
| 1 package   | Stir Fry Kit |

**Directions:**

Heat oil in a large skillet over medium heat. Add chicken, mushrooms and garlic powder. Cook chicken 5 minutes or until cooked through. Add peas and cook 2 more minutes. Add stir fry kit and stir to combine. Cook 1-2 minutes or until heated through.