

FOOD FACTS

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.

