

FOOD FACTS

Sugar Snap Peas



NUTRITION

- Are a good source of vitamin K which helps your bones absorb calcium to make them strong. You also need vitamin K to help clot your blood to stop the bleeding when you fall and scrape your elbow.
- Vitamin K helps your bones absorb calcium to make them strong. You also need.

Did You Know? (DYK)

- Sugar snap peas are a cross between snow and garden peas. Sugar snap peas were specially bred in 1979 to produce a pod with all the fibers in one direction.
- Snap peas get their names from the snapping sound when you pop the ends off.
- Peas are a member of the legume family and were first planted in America in 1492 by Christopher Columbus.

PREPARATION & STORAGE

- At the grocery store look for peas that are bright green, firm, and free of blemishes.
- Great raw and cooked! Dip in hummus for a snack or cook into a stir fry. Remove string from pod and enjoy!

STIR FRIED SUGAR SNAP PEAS WITH GARLIC AND SESAME

Ingredients:

- 1 lb sugar snap peas
- 1 Tablespoon vegetable oil
- 1 Tablespoon soy sauce
- 1 Tablespoon black and white sesame seeds
- 1 teaspoon toasted sesame oil
- 2 cloves garlic sliced
- salt and pepper to taste
- handful of fresh herbs - scallions or cilantro (optional); to garnish

Instructions:

(Optional) Remove the stems and string from the sugar snap peas by breaking off the stem and pulling it down the length of the pod to remove the string.

Stir Fry: Heat a wok or pan over medium high heat and add the vegetable oil. Once hot, add the sugar snap peas, garlic, soy sauce, and optional flavorings (if using).

Stir fry everything together for about 3 to 5 minutes or until the sugar snap peas are tender crisp and have turned bright green.

Garnish and serve: Turn off the heat and add the toasted sesame oil and black and white sesame seeds. Season to taste. Top with fresh herbs (if using) and serve immediately.

