

pea pods

snow peas,
sugar snap peas

select

Choose pea pods that are crisp, light green and about 2 to 3 inches long. Avoid pea pods that are overgrown, cracked or wilted. Snow peas are flat with tiny seeds. Sugar snap peas are plump with small seeds.

store

Store unwashed pea pods in the refrigerator. Use within 1 to 3 days for the best flavor and freshness.

prepare

Rinse pea pods under running tap water before eating raw or cooking. Remove the stem end and any strings.

1 cup = 25 snow peas or 18 sugar snap peas



glazed carrots and pea pods

- 2 cups baby carrots
- 2 cups snow peas
- 1 tablespoon butter
- ½ teaspoon cornstarch
- 2 tablespoons honey

step 1 Bring a pan of water to a boil. Boil carrots for 7 to 9 minutes and remove from water. Boil pea pods for 2 to 3 minutes and remove from water.

step 2 Melt butter in a large skillet. Add the cornstarch to the butter and stir together.

step 3 Add the cooked carrots, snow peas and honey to the skillet. Heat and stir for 1 to 2 minutes.

Makes 3 servings - One serving (1 cup) has 125 calories, 3.5 gms fat, 72 mg sodium and 2.5 gms fiber.



roasted sugar snap peas

- 1 pound of sugar snap peas
- 1 teaspoon olive or vegetable oil
- 1 teaspoon soy sauce
- ½ teaspoon salt
- ¼ teaspoon black pepper

step 1 Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.

step 2 Place the peas on a metal baking sheet.

step 3 Bake in a 400° oven for 8 to 10 minutes. Turn a couple times while roasting.

Makes 3 servings - One serving (1 cup) has 78 calories, 1.5 gms fat, 119 mg sodium and 5 gms fiber.



stuffed pea pods...

Stuff sugar snap peas with your favorite: red pepper hummus; low fat dill dip; tuna, shrimp or chicken salad