pea pods

Choose
Select pea pods that are crisp, light green and about two to three inches long.
Avoid peas that are overgrown, cracked or wilted.
1 pound = 7 cups pea pods

beef with snow peas

1 pound lean beef steak
1 tablespoon vegetable oil
1 garlic clove, minced
3 cups snow peas
1 tablespoon soy sauce
1 cup beef broth
2 tablespoons corn starch

Step 1: Heat the oil in a large skillet over medium high heat. Add the beef. Cook for 3 minutes, or until the meat is brown. Stir a few times while cooking.
Step 2: Add the snow peas and garlic to the skillet. Sprinkle with soy sauce. Stir and fry for 2 minutes.
Step 3: Mix the corn starch and beef broth together in a small bowl. Add to the skillet. Stir and cook for 2 minutes, or until thick. Serve over hot rice.

Makes 8 servings - One serving (1 cup) has 138 calories, 9 gm fat, 290 mg sodium and 1 gm fiber.

snow peas are flat with tiny seeds.

You can eat the entire pod and seeds of both Snow Peas and Sugar Snap Peas!

store
Keep unwashed pea pods in a perforated bag in the refrigerator for up to 5 days.
Use within 1 to 3 days for the best flavor.

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

try something new ~
- Use chicken or shrimp instead of beef.
- Add more veggies - thinly sliced carrots, onions or peppers.

spring snow peas

1 tablespoon vegetable oil
1/2 cup onion, thinly sliced
1/2 cup red pepper, sliced
1 cup snow peas, cut in half
1/2 teaspoon soy sauce
1/4 teaspoon lemon pepper, optional

Step 1: Heat the oil in a large skillet over medium high heat. Add the onion and red pepper. Stir and fry for 3 minutes.
Step 2: Add the snow peas to the skillet. Sprinkle with soy sauce and lemon pepper. Stir and fry for 2 minutes. Serve.

Makes 4 servings - One serving (1/2 cup) has 55 calories, 3 gm fat, 37 mg sodium and 1 gm fiber.

Want a crunchy snack?
Munch on raw pea pods or sugar snap peas.
They're a great source of vitamins and low in calories - only 28 calories in 20 pea pods!

Make half your plate fruits and vegetables!
pea pods make an easy side dish...
three ways to cook pods:

**steam**
- snow peas or sugar snap peas for 2 to 3 minutes.
- **Try one of these flavors:**
  - add a splash of orange or lemon juice to steamed sugar snap peas.
  - top steamed snow peas with finely chopped fresh mint.
  - sprinkle steamed pea pods with low fat Italian salad dressing. Cool in the refrigerator for at least 30 minutes.

**stir fry**
- snow peas in a skillet with a dash of vegetable oil. Stir and cook for 2 to 3 minutes or until they turn bright green.
- **Try one of these versions:**
  - stir fried pea pods and sliced mushrooms together.
  - add minced garlic and a dash of soy sauce to pea pods while cooking.
  - stir fry pea pods and red pepper strips in sesame oil with minced garlic.

**roast**
- toss sugar snap peas with a tiny amount of vegetable oil. Roast in a 450° oven for 10 to 12 minutes, or until lightly brown.
- **Add one of these flavors:**
  - add on some dried Italian herbs, salt and black pepper while roasting.
  - roast red pepper strips with sugar snap peas.
  - sprinkle some fresh lemon juice on sugar snap peas after roasting.

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**mandarin chicken salad**

2 chicken breasts, cut into chunks
1 tablespoon vegetable oil
2 cups snow peas, cut in half
1/4 cup green onion, chopped
1 (11 ounce) can mandarin oranges, drained
3 cups dark green lettuce or spinach
low fat salad dressing

Makes 4 servings - One serving (1 salad) has 194 calories, 6 gm fat, 350 mg sodium and 2 gm fiber (without the salad dressing).

**Step 1** Divide chopped lettuce or spinach, orange slices and chopped onion among four plates.

**Step 2** Heat the oil in a large skillet over medium high heat. Add the chopped chicken. Cook for 4 minutes, or until the chicken is no longer pink. Stir a few times while cooking.

**Step 3** Add the snow peas to the skillet. Stir and fry for 2 minutes.

**Step 4** Place the cooked chicken and pea pods on top of the lettuce. Drizzle with salad dressing.

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**snack**

- Stuff sugar snap peas with hummus. Top with the peas. Fun snack for kids!
- Snack on raw snow peas or sugar snap peas.
- Snow peas make the perfect dipper. Dip in hummus or low fat dill dip.

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**freeze**

**How to freeze pea pods:**

**Step 1** Wash pea pods under running tap water. Remove the tips and any strings.

**Step 2** Blanch pea pods by dipping them into a large pot of boiling water for 2 to 3 minutes.

**Step 3** Remove the pods from the boiling water and place in a bowl of ice and water for 2 to 3 minutes.

**Step 4** Drain pea pods. Pack in freezer bags, removing as much air as possible from the bag.

Store pea pods in a freezer at 0°F for 8 to 12 months.

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**add more**

- Chop fresh snow peas and add to a lettuce salad.
- Steam snow peas or sugar snap peas. Cool, chop and add to a pasta salad.
- Add chopped sugar snap peas to a casserole or stew.