

pea pods

Stir fry, steam and roast pea pods...
or eat them raw!

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

sugar snap peas are plump with small seeds.

snow peas are flat with tiny seeds.



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

store

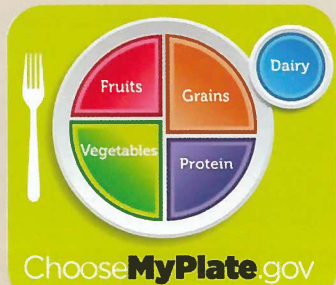
Keep unwashed pea pods in a perforated bag in the refrigerator for up to 5 days.

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



beef with snow peas



try something new ~

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

- 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 6 servings - One serving (1 cup) has 186 calories, 9 gm fat, 269 mg sodium and 1 gm fiber.

spring snow peas



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

- 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.

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!

10 pea pods

Calories 14 (34g)	
Dietary Fiber (.9g) 4%	% Daily Value*
Vitamin A 7%	Iron 4%
Potassium 2%	Vitamin C 34%
	Folate 4%

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.

pea pods make an easy side dish...
three ways to cook pods:



1 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.



2 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 fry 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.



3 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.

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, 160 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.

use fresh or powder in recipes:

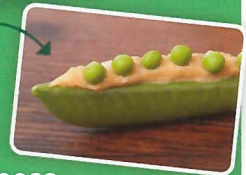
- 1 garlic clove =
- 1/8 teaspoon garlic powder
- 1/2 teaspoon minced garlic

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.

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.



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**.