



Quick Bites — Snap peas

Sugar snap peas are sweet, crunchy and a great healthy snack or side. They're high in vitamins A, C and K, as well as fiber. Roasting helps bring out their sweetness even more. Glazed with soy sauce, red pepper flakes and sesame seeds, these pods are a great way to add extra veggies to your diet in a delicious way.

- From AICR Health Talk - www.aicr.org

Did You Know? Unlike edamame, you can eat the whole snap pea pod.

Just be sure to trim the ends and pull the string off before you cook them.



Sesame Sugar Snap Peas

Makes 4 servings.

Per serving: 90 calories, 4 g total fat (0.5 g saturated fat), 11 g carbohydrate, 3 g protein, 3 g dietary fiber, 140 mg sodium.

Ingredients:

2 tsp. extra virgin olive oil	2 cloves garlic, finely minced
1 lb. sugar snap peas, trimmed	1 tsp. honey
1 Tbsp. reduced-sodium soy sauce	1 Tbsp. toasted sesame seeds
1/2 tsp. sesame seed oil (can use toasted sesame seed oil)	
Pinch of crushed red pepper flakes or to taste	

Directions:

1. Place oven rack in highest position and preheat broiler.
2. In mixing bowl, whisk together olive oil and garlic. Add snap peas and toss to coat well.
3. On baking dish, place snap peas in single layer. Broil until tender, about 5-6 minutes.
4. While peas are cooking, mix together soy sauce, sesame oil, pepper flakes and honey.
5. After removing snap peas from oven, gently toss with soy sauce mixture. Garnish with sesame seeds.
6. Serve hot or chilled as side dish. Hot is most common.



*For more information:
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