**COULEE REGION** 





### **FUN FACTS**

- Snap peas are also known as sugar snap peas, and are a cross between snow and garden peas.
- Half of the sugar content of peas will turn to starch within 6 hours if kept at room temperature after harvest. Peas are sweetest right off the vine!

#### **NUTRITION INFO**

1/2 cup of snap peas has 15 calories and provides vitamins A & C.

#### **PICK**

Choose peas that have smooth, bright green, crisp pods with no signs of wilting. Fresh snap peas should *snap* when broken in half.

#### **STORE**

Store unwashed peas in a perforated bag and use within a few days. Blanched peas can be frozen and used within 12 months.

## **PREPARE**

Before use, wash under running water and trim the stem end. Snap peas can be consumed raw or cooked. Remember, the whole pod is edible!

## USE

Serve fresh raw snap peas with dip as a snack or as an addition to summer salads. Top steamed or roasted peas with a drizzle of olive oil and toasted almonds. Snap peas can also be sautéed or stir fried.

# Veggie Sesame Dip

Serves 10

## **Ingredients:**

- 5 cups sugar snap peas (or any vegetable)
- ¼ cup honey
- 1/4 cup low sodium tamari or soy sauce
- ½ tsp. ground ginger
- 1 Tbsp. canola oil
- 1 Tbsp. sesame oil
- 1 Tbsp. lemon juice
- ¼ tsp. lemon zest

## **Directions:**

Remove strings from snap peas. Process honey, tamari/soy sauce, ginger, canola oil, sesame oil, lemon juice and zest in a food processor fitted with a steel blade until smooth. Serve with the snap peas.

Per Serving (1/2 cup): 54 calories, 3g fat, .3g saturated fat, 1g protein, 8g carbohydrate, .8g fiber, 230mg sodium

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