

SNAP PEAS



HOW DO THEY TASTE?

Snap peas have a sweet and pea-like taste and a crunchy texture. Both the pods and the peas inside are edible.

HOW DO I PICK THEM?

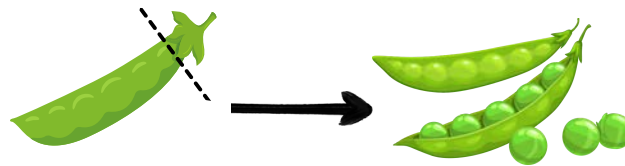
Choose pea pods that are green, tender, and no smaller than 2-½ inches in length. Snap peas are best in early spring to late summer but are available year-round.

HOW DO I STORE THEM?

Store in the refrigerator in a plastic bag for about a week. The sooner you eat them, the fresher and sweeter they will be.

HOW DO I PREPARE THEM?

1. Rinse snap peas in cool, running water.
2. With a knife, cut off the tough stem at the end of the pod and peel back the stringy seam with your fingers.
3. Open up the pod to enjoy peas or keep in the pods.



Steam or blanch snap peas in boiling water, **sauté** in a stir fry or eat **raw**.

SOY GLAZED SNAP PEAS

Ingredients

1 ½ pounds snap peas
2 tablespoons butter
2 tablespoons soy sauce
1 tablespoon fresh lemon juice
Freshly ground black pepper to taste

Directions

1. Rinse snap peas and remove strings.
2. Cut each snap pea in half crosswise.
3. Melt butter in large skillet over medium-high heat. Add snap peas to skillet and stir fry 1 minute.
4. Add soy sauce and lemon juice and bring to a simmer.
5. Stir and reduce liquid to a thin glaze.
6. Cook and stir until peas are tender but crisp, about 2 minutes.
7. Season with pepper and serve as a side with meat or another main dish.



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KITCHEN TIP!

If you prefer a crunchy snap pea, blanch them in boiling water for 30 seconds before adding them to a stir fry.