



Snow Peas

A variety of pea eaten whole in its pod while still unripe.

Store: Use as soon as possible. Refrigerate in a plastic bag for 4-5 days. To freeze, blanch for 2 minutes, rinse in cool water to stop cooking process and place in plastic bags. Frozen peas will lose their crunch.

Prepare: Snip off the stem end and pull away the string that runs down the side of the pod.

Serve: Snow peas can be eaten raw with or without dip and added to salads. Snow peas can also be added to stir-frys, steamed, simmered or sautéed alone or with other veggies and/or meats. Add pea pods in the last few minutes of cooking time.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Snow Peas Recipe

Garlic Snow Peas Recipe

Ingredients

2 cups fresh snow peas
(washed, dried, and trimmed)
1-2 Tbsp sesame oil
3 minced garlic cloves
Salt & Pepper

Serves 4

Directions:

Heat wok or frying pan on medium-high heat. Add oil. Add peas when oil is hot. About 1 minute after stir frying add garlic and seasoning. Quick fry just till bright green and still crisp. Cooking time is an estimate - do not over cook or peas will turn a dull green and go limp. Remove and serve while hot.

enjoy!

Source: <http://www.recipezaar.com/recipe/print?id-152251>



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