





Sugar Snap Peas

Benefits of sugar snap peas:

-  High in protein
-  High in vitamin C & A
-  High in antioxidants to prevent heart disease and some cancers.

When are they in season?

-  Harvested during summer in Wisconsin.

Food Safety for sugar snap peas

Check for existing mold.

Store sugar snap peas in the refrigerator.

Separate sugar snap peas from meat. Use different cutting boards for meats and fruits.

Did you know... Archaeologist have found peas in ancient Egyptian tombs.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Roasted Sugar Snap Peas (so irresistible!). (2020, April 21). Retrieved January 14, 2021, from <https://www.rachelcooks.com/2020/05/08/roasted-sugar-snap-peas/>
Pictures: Creative Commons

Roasted sugar snap peas serves 4.

Ingredients




- 1 pound sugar snap peas, washed.
- 1 tablespoon olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder

Directions

1. Preheat oven to 450 degrees.
2. Remove stems and stings from peas.
3. Wash and dry.
4. In a medium size bowl toss snap peas with oil, salt, pepper, and garlic powder.
5. Place on baking sheet.
6. Bake for 10-12 minutes or until desired tenderness.
7. Serve.



Other Ideas:

-  Add peas to soup
-  Add peas to salad
-  Steamed peas