Snap peas

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
½ cup of snap peas has 15 calories and provides vitamins A & C.

Veggie Sesame Dip

Ingredients:
- 5 cups sugar snap peas (or any vegetable)
- ¼ cup honey
- ¼ 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

For more information visit www.laxf2s.org

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.

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.