

SNAP PEAS

Peas were eaten in Asia and Europe over a thousand years ago. They are easy to grow, and highly nutritious. There are two common varieties; snow peas and sugar snap peas.

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BEST COOKING METHODS

- RAW
- STEAMED

RECIPE IDEAS

- RAW IN SALADS
- STIR FRY
- ADD TO SOUP
- TOSSED WITH PASTA

STORAGE

- Keep in a plastic bag in a high humidity drawer in the refrigerator for up to 4 days.
- Can be frozen in a sealed bag or container.

NUTRITION

- High in fiber and folic acid
- Good source of vitamins C, K and A as well as B complex vitamins

TIPS

- Pod peas are best eaten raw, when they are still crunchy.
- A fun, easy activity for kids is snapping the stems off the peas.
- Some peas, known as fresh peas, have inedible pods. Make sure you know which type you are working with!

PASTA WITH SNAP PEAS, GARLIC AND LEMON

serves 2-3

- **1/2 lb** ridged pasta, such as cavatappi, or ziti
- **4** garlic cloves, halved
- **1 lb** snap peas, trimmed
- **1 pinch** of red pepper flakes
- **1 tbsp** juice, and 1 tbsp zest from a lemon
- **2 tbsp** fresh parsley, minced
- **1/4 c** olive oil
- **1/2 tsp** cornstarch
- **Salt and pepper**, to taste

BRING A LARGE POT OF SALTED WATER TO A BOIL. ADD SNAP PEAS AND COOK UNTIL BRIGHT GREEN BUT, STILL CRUNCHY (ABOUT 2 MINUTES). STRAIN AND RUN UNDER COOL WATER UNTIL CHILLED. TRANSFER TO A SMALL BOWL. TOSS WITH CORNSTARCH, THEN SET ASIDE. PLACE PASTA IN THE NOW EMPTY POT AND COVER WITH WATER BY 1 INCH. SEASON TO TASTE WITH SALT. BOIL FOR 1 LESS MINUTE THAN PACKAGE INSTRUCTIONS. DRAIN PASTA, RESERVING 1/2 CUP OF COOKING LIQUID. ADD COOKING LIQUID TO BOWL WITH SNAP PEAS, STIRRING UNTIL CORNSTARCH IS DISSOLVED. EMPTY THE POT AND WIPE IT DRY. ADD GARLIC AND OIL AND COOK OVER MEDIUM HEAT, STIRRING FREQUENTLY FOR 2 MINUTES. ADD PEPPER, PEPPER FLAKES, AND SNAP PEAS. BRING TO A BOIL, THEN ADD DRAINED PASTA, PARSLEY AND LEMON JUICE. CONTINUE COOKING, STIRRING CONSTANTLY, UNTIL MOST OF THE LIQUID IS ABSORBED. SERVE TOPPED WITH LEMON ZEST.

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