

Snap Peas



Snap peas are green peas with edible pods, so you don't have to shell them. There are two common varieties: snow peas and sugar snap peas. Snow peas are flat and often seen in Asian cooking, whereas sugar snaps are plump and round. Both are full of fiber, folic acid, and vitamins C, K, and A, and can be eaten raw or cooked. They are most bountiful in mid to late spring, so enjoy them at their freshest!

Cooking

Sugar snap peas are best raw as a sweet crunchy snack. All snap peas are great steamed or sauteed, added to stir fries, soups, or pastas. Kids can help by snapping the stems and pulling the strings off each pod. Shell peas, English peas, and those labelled "fresh peas" usually have inedible pods, so make sure you know which type you are working with!



Storage

Keep snap peas in a sealed plastic bag in the refrigerator for up to 4 days, or freeze in a sealed bag or container for up to 1 year. Wash just before using or freezing.

Pasta with Snap Peas, Garlic & Lemon

Serves: 2 Total Time: 20 minutes

Ingredients:

- 1 lb snap peas, trimmed
- ½ lb pasta (any shape)
- 4 garlic cloves (2 tbsp), chopped
- ¼ cup olive oil or butter
- ½ tsp cornstarch
- 1 pinch red pepper flakes
- 2 tbsp lemon juice (or white wine vinegar)
- Salt and pepper, to taste
- 2 tbsp fresh parsley, minced (optional)



lovin'
spoonfuls
a food rescue



Directions:

1. Bring a large pot of water to a boil. Add snap peas and cook until bright green, but still crunchy, about 2 minutes. Scoop peas out (leaving water) and run peas under cold water until cool. Set aside.
2. Place pasta in the hot water and boil for 1 minute **less** than package instructions. Drain, reserving ½ cup of cooking liquid. Remove both pasta and liquid and set aside.
3. Add garlic and oil to the pot, and cook over medium heat for 2 minutes, stirring often. Add reserved liquid and sprinkle in cornstarch, whisk until smooth.
4. Add pepper flakes and snap peas. Bring mixture to a boil, then add pasta, lemon juice, and salt and pepper to taste.
5. Continue cooking, stirring often, until most of the liquid is absorbed and pasta is tender. Serve topped with parsley.