

Snow Peas

Fabulous Snow Peas: Flavorful, Fulfilling, and Fiber Rich!

Nutrition Tips



Nutrition Tips:

- One cup of snow peas has only 26 calories.
- Snow peas are an excellent source of Vitamin C.
- They are a good source of Vitamin A, Vitamin K, Folate and Dietary Fiber.

How to Pick Snow Peas:

- Ripe snow peas should be smooth, thin, bright green, crisp pods with no signs of enlargement or wilting.
- Ripe snow peas should snap when broken in half.

Increase your Snow Pea Intake:

- Eat them raw with hummus or guacamole.
- Sauté with olive oil for a quick side dish.
- Add snow peas to salads, casseroles, and stir-fry's.

For more nutrition information about fruits and vegetables visit:

<http://www.fruitsandveggiesmorematters.org/>



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Snow Pea Recipes

Fresh Pea Pod, Broccoli, and Rice Salad

Serves 4: 1 cup servings

Ingredients:

- 1 package (6 ounces) long-grain and wild rice mix
- 1 ½ cups chopped broccoli
- 1/3 cup sliced red or green onions
- ¼ cup low-fat Italian salad dressing
- 1 tbsp. lemon juice
- ½ tsp. lemon pepper
- 1 ½ cups snow pea pods
- 1/3 cup slivered almonds

Directions:

Prepare rice mix according to package directions. Cool slightly. Steam broccoli until crunchy tender. (For a variation, substitute uncooked sweet peppers for the broccoli.) Toss with remaining ingredients and refrigerate 2-24 hours.

Nutrition

Per serving: 250 calories, 6 g fat, 9 g protein, 42 g carbohydrate, 4 g fiber, 670 mg sodium.

Lemon-Butter Snow Peas

Serves 2: 1 cup servings

Ingredients:

- ½ lb. fresh snow peas
- 1 Tbsp. water
- 1 tsp. minced garlic
- 1 tsp. butter
- 1 tsp. lemon juice
- ½ tsp. Italian seasoning

Directions:

In a microwave-safe dish, combine snow peas, water and garlic. Cover and microwave on high for 3-4 minutes or until crisp-tender; drain. In a small bowl, combine butter, lemon juice and Italian seasoning. Drizzle over peas; toss to coat.

Nutrition

Per serving: 70 calories, 2.5 g fat, 3 g protein, 9 g carbohydrate, 2 g fiber, 20 mg sodium

These recipes are a Foot Steps to Health recipe and are 500 Club approved