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SNAP PEAS

Did you know that snap peas don't need to be "snapped" before cooking them? They can be enjoyed raw, air fried, steamed, sautéed, and roasted! Snap peas are a great choice to increase your



daily vegetable and protein intake. Some varieties are grown to have a higher sugar content. These are known as "sugar snap peas." They make a great side dish and are delicious in a stir-fry.

SELECT

- Fresh snap peas are best during the spring. During other seasons, they will be less expensive if you buy them frozen.
- Fresh snap peas should be firm and crisp, and make a distinctive "snap" when broken apart.
- You can remove the center "string," but eating it will add more fiber to your meal!
- Select fresh snap peas that are vibrant green without any yellowing.

PREPARE

- Snap peas are a great addition to meals.
 - Try them raw as a snack or on a salad.
 - Roast them as you would any vegetable.
 - Sauté them and add a protein-packed vegetable to your next stir-fry or pasta recipe.
 - To learn more about snap peas, visit HappyHealthy.MS and click on Tips and Videos.
 - How to Freeze Fresh Fruits and Vegetables
 - Sharpen Your Knife Skills
 - Add More Fruits and Vegetables to Your Day
 - How To: Step by Step Stir-Fry

BENEFIT

- Snap peas contain vitamins A and C, which help your body heal, build your immune system, and help keep your blood vessels and muscles working properly.
- They have potassium, which helps your heart and kidneys function properly.
- They also are a good source of vitamin K, which helps with blood clotting as well as absorbing calcium for bone health.
- Snap peas are a great source of fiber to help with digestion.











BEEF STIR FRY

- 1 pound beef (top round or top sirloin, cut ¾ inch thick, or flank steak)
- ¾ cup prepared stir-fry sauce
- 3 teaspoons oil
- 16 ounces frozen vegetables (Asian blend such as broccoli, carrots, and sugar snap peas)
- 3 garlic cloves, minced
- 1. Wash your hands well with soap and warm water for at least 20 seconds.
- 2. Cut beef steak crosswise into thin strips.
- 3. Place beef strips and ¼ cup stir-fry sauce in a plastic storage bag and turn the beef to coat. Place in the refrigerator for 30 minutes to 2 hours to marinate.
- 4. Heat 1 teaspoon of oil in a large skillet over mediumhigh heat.
- 5. Add the vegetables to the skillet and cook, stirring occasionally, for about 4 minutes or until the vegetables are crisp-tender. Remove the vegetables and keep warm.
- 6. Heat 2 teaspoons of oil in the same large skillet until hot, and add the marinated beef strips and minced garlic. Cook, stirring occasionally, for 3-5 minutes until the strips are browned. Return the vegetables and remaining ½ cup prepared stir-fry sauce to the skillet, and cook an additional 1-2 minutes until heated.
- 7. Refrigerate leftovers within 2 hours.



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FUN WITH FOOD

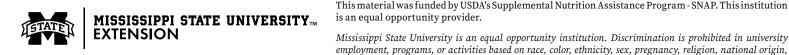
CHILDREN CAN HELP:

- Plant snap peas in the spring.
- Select fresh snap peas at your local grocery store or farmers market.
- Rinse and help with preparing snap peas.

CHILDREN CAN ENJOY:

- Raw snap peas as a snack.
- Snap peas roasted in the oven. Place snap peas on a lined baking sheet and sprinkle olive oil, salt, and pepper over them. Bake at 400°F for 20-25 minutes, turning them over after 15 minutes.





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