



SPOTLIGHT ON SUGAR SNAP PEAS

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Tender, green peas appear in all sorts of spring dishes. If you haven't tried sweet, crisp, sugar snap peas yet, you're in for a real treat. Sugar snaps are a cross between traditional English peas and snow peas. Available fresh in the spring and fall (and frozen year round), sugar snap peas are entirely edible-pod and all- and are equally delicious raw or cooked.

From Market to Home:

- ◆ Select plump, crisp pods that are bright green with no signs of yellowing.
- ◆ Prepare fresh sugar snap peas as soon as possible after purchasing for the sweetest flavor. Refrigerate in a plastic bag for up to 3 days.

From Cutting Board to Serving Dish

- ◆ Some fresh sugar snap peas are available string less, which means they are ready to use immediately after washing. Otherwise, snap off the stem end of each pea pod, pulling down the length of the pod to remove any tough strings.
- ◆ Sugar snap peas are usually eaten whole and are delicious raw or cooked. If cooking, steam, simmer or stir-fry briefly- only for a minute or two- to retain their crispness, color and flavor.

Good For You Sugar Snap Peas

- ◆ Low in calories
- ◆ Fat free
- ◆ Excellent source of vitamin C
- ◆ A serving (1 cup raw or $\frac{1}{2}$ cup cooked) counts toward your "5 A Day"
- ◆ Good fiber source

At the Table

- ◆ Serve raw sugar snap peas with your favorite low fat salad dressing as a dip.
- ◆ Toss raw sugar snaps into your favorite green salad.
- ◆ Add to your favorite stir-fry or pasta dish.



Adapted from kraftfoods.com