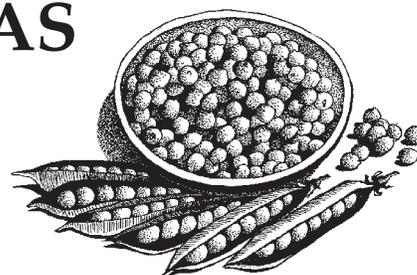




SUGAR SNAP PEAS

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Nutrition and Health...

Sugar snap peas are high in vitamins A and C. A one cup serving has 40 calories.

Selection...

Snap peas are at their best when the pods are 2½ to 3 inches long and plump with mature peas.

Storage...

Keep unwashed peas in plastic wrap or bags in the refrigerator. Fresh peas can be kept this way for 10 days. After this time, they begin to get starchy and lose juiciness.

Preparation...

Wash well, pull the strings off and trim ends. Leave the pods whole, or cut into one-inch pieces.

Snap peas require very little cooking. They may be steamed or sautéed in vegetable oil until tender-crisp. If they are overcooked, the pods will fall apart and the flavor is destroyed.

Blanching will preserve snap peas' flavor and color. To prepare for blanching, select and wash bright green, flat, tender pods. Remove stems, blossom ends and any strings, but leave pods whole. Bring one gallon of water in a kettle to a rolling boil and immerse the pods. Cover small pods for 2 minutes and large pods for 3 minutes. Cool, drain and package, leaving ½ inch headspace. Seal and freeze.

Freezing is the best preservation method for sugar snap peas. Canning is not recommended because the peas will become mushy during processing.

Recipes

Stir Fried Vegetables and Chicken

2 chicken breasts	1 cup sliced celery
1 cup teriyaki marinade sauce	1 small can water chestnuts
¼–½ cup vegetable oil	1 tbsp cornstarch
½ cup onion, sliced	½ cup chicken broth
½ cup carrot, thinly sliced	¼ to ½ cup soy sauce
1 cup green peppers, sliced	
2 cups sugar snap peas	
1½ cup broccoli (small pieces)	

Place chicken breasts in the teriyaki marinade for at least 2 hours, but preferably overnight, in the refrigerator, turning a couple of times. Sauté meat in vegetable oil on low heat for 5 minutes. Remove from heat and slice thinly, returning to the pan. Add onions and carrots on high heat, stir (1 to 2 minutes). Add rest of vegetables, cook 3 minutes. Mix cornstarch in a small portion of broth, then add cornstarch mixture with the broth and soy sauce. Cook until thick and glossy. Serve over rice.

Chinese-Style Pod Peas

4 green onions with tops, chopped	½ tsp salt
¼ cup vegetable oil	1 cup chicken stock
4 cups fresh pea pods	1 tbsp cornstarch, mixed with an additional ¼ cup chicken stock
2 5-oz cans water chestnuts, drained and chopped	
1 to 2 tbsp soy sauce	

Cook green onions in oil in skillet for 2 minutes. Add peas and water chestnuts. Cook, stirring another 2 minutes. Add remaining ingredients. Cook, stirring until mixture comes to a boil and is transparent. Simmer briefly until pea pods are barely tender and still crispy.

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