Get the Facts! Snap Peas

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15</td>
<td>0%</td>
</tr>
</tbody>
</table>

- **Total Fat:** 0g 0%
- **Saturated Fat:** 0g 0%
- **Trans Fat:** 0g 0%
- **Cholesterol:** 0mg 0%
- **Sodium:** 0mg 0%
- **Total Carbohydrate:** 2g 1%
- **Dietary Fiber:** 1g 4%
- **Sugar:** 1g 4%
- **Protein:** 1g 6%

**Vitamins and Minerals**

- **Vitamin A:** 6%
- **Vitamin C:** 30%
- **Calcium:** 2%
- **Iron:** 4%

**Serving Size:** 1/2 cup (31 g)

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www.onieproject.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
Recipe: **Sweet & Sour Chicken Bowl**

**Ingredients:**
- 1 lb boneless, skinless chicken breast, diced
- 4 cups shredded coleslaw veggie mix
- 1 (8oz) bag fresh snap peas, trimmed
- ¼ cup no-added-sugar strawberry preserves
- 3 Tbsp olive oil, divided
- 4 tsp cider vinegar
- 1 small red apple, cored & diced

**Preparation:**

1. In a large skillet, heat 1 Tbsp oil over medium. Add chicken & cook 5-7 minutes or until cooked throughout, stirring occasionally.
2. Meanwhile, in a small bowl, whisk together preserves, 2 Tbsp oil & vinegar. Set aside.
3. In a large bowl, combine cooked chicken, coleslaw veggie mix & peas. Mix well.
4. Add apple just before serving to prevent browning. Stir in sauce & serve immediately.

**Servings: 4**

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Recipe: **Cool Cucumber Snap Pea Salad**

**Ingredients:**
- 1 lb sugar snap peas, trimmed
- 2 small cucumbers, unpeeled, thinly sliced
- 1 cup halved grape tomatoes
- ¼ cup minced dill
- 2 Tbsp olive oil
- 1 lemon
- ¼ tsp pepper

**Preparation:**

1. In a saucepan, bring water to boil. Add peas & blanch 1-2 minutes till bright green. Drain & add peas to bowl of iced water. Cool two minutes, drain & add to serving bowl.
2. Add cucumbers, tomatoes & dill to bowl & toss to mix.
3. In a small bowl squeeze juice from lemon (about 2 Tbsp) & remove any seeds. Add oil, pepper & wisk together.
4. Pour dressing over salad, mix well & serve immediately.

**Servings: 4**

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**How to Keep Fresh**

- Refrigerate in a tightly sealed bag
- Should last 4-5 days.

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**How to Pick**

- Look for pods that are bright green and firm
- Pod should “Snap” when bent.

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**Oklahoma Season**

April - May

**How to Prepare**

- Wash before eating and storing
- Fold stem and remove string that runs around the edge of the pea
- Cook briefly to keep crunch and flavor