

Snow Peas with Mint

DIRECTIONS

Prep: 30 mins plus 15 min for eating

Servings: Makes 24 tastes at 1/4 cup each, approximately 6 cups

Ingredients

- 2 pounds snow peas or snap peas
- 4 cups water
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon brown sugar
- 12 fresh mint leaves, cut into strips
- Small plates or cups and forks

Nutrition information per serving:

Calories 22, Carbohydrate 3 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Instructions

1. Wash hands.
2. String peas by snapping at tops and pulling top toward the opposite end. Place peas in a colander and rinse under cold water.
3. Boil water and cook peas for 3 to 4 minutes (optional).
4. Drain peas in colander in sink. Add oil, salt, and pepper to the saucepan. Stir in drained peas. Put on the stove over low heat. (optional).
5. Sprinkle brown sugar over peas.
6. Add mint and stir until peas are well coated. Serve immediately.

Recipe adapted from Storybook Stew by Suzanne Barchers and Peter Rauert (Fulcrum Publishing, 1996).