

MINUTE NUTRITION NEWS

July 2015

EATING LOCAL AND SEASONAL: SNOW PEAS

By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic

During the month of July, get inspired by locally grown Asian ingredients such as snow peas, bok choy, nappa (chinese cabbage), gai-lan (chinese broccoli), mustard cabbage and Chinese spinach. This issue of *Minute Nutrition News* will highlight snow peas. For more information on other vegetables listed above, visit www.ontario.ca/foodland/ for more information and recipe ideas.

WHAT IS IT

There are many varieties of peas. Snow peas can be found fresh in the produce section. You will recognize them by their flat pods. Unlike green peas found in the typical Canadian diet, snow peas are often eaten together with their pods. The taste is a tender crisp texture with a sweet taste.



NUTRITIONAL GOODNESS

Half a cup of snow peas contains only 13 calories, but a third of an adult's vitamin C requirement for an entire day. In addition, snow peas contain Vitamin A, folate, iron, magnesium, fibre, phosphorus, copper, potassium and calcium.

WAYS TO ENJOY SNOW PEAS

Snow peas can be enjoyed both raw and cooked. Enjoy them raw by adding into cold salads or as a snack on their own. Be sure to choose young snow peas that are crisp with a bright green colour. The seeds inside the pods should be very flat and small. Their shape should be just barely visible through the pod.

Cooked snow peas are a great addition to stir-fries. They only need to be cooked for a short period of time, about 1-2 minutes, so be sure to add them close to the end of the cooking process. Overcooked snow peas will turn a dull green colour and become a mushy texture. Snow peas are a great match with any type of meat and best flavoured with ingredients such as garlic, ginger, sesame seeds or sesame oil.

PREPARATION FOR COOKING



1. Wash snow peas under cold running water.

2. Snap off the pointy end of the pea pods or cut them off with a pair of knife or scissors.

3. Snap off the other end of the pea pod, and pull off the attached stringy fibre that runs down the side of the pea pod.

4. Cut the snow peas into strips, into half or use them whole.

RECIPE OF THE MONTH

July 2015

Spicy Summer Noodle Bowl



Makes 2 servings (1 serving = 2 ½ cups)

Ingredients:

2 tbsp	low-sodium soy sauce
½	lime, juice only
1 tsp	sesame oil
½ tbsp	honey
1 tsp	ginger root, grated
½ tsp	Siracha or hot sauce of your choice
2 tbsp	sesame seeds
3 oz	Asian noodles of your choice
1 cup	edamame, frozen
1 cup	snow peas, trimmed and halved (lengthwise)
2 medium	carrots, peeled and julienned
	chopped fresh cilantro for garnish (optional)

Directions:

1. In a small bowl, combine soy sauce, lime juice, sesame oil, honey, ginger root and hot sauce. Mix together and set aside.
2. In two pots, bring water to a boil. Meanwhile, toast the sesame seeds using one of two ways. **Method 1:** Place sesame seeds in a dry skillet over medium heat for about 3-5 minutes. Stir occasionally. Remove from heat when you hear popping sounds and set aside. **Method 2:** Place sesame seeds on a dry baking sheet. Bake in a toaster oven at 350°F for 8-10 minutes or until colour turns lightly browned. Remove from heat and set aside.
3. Once water is boiling, add noodles into one pot. Cook the noodles until they are just thoroughly cooked (al dente). Length of time needed may vary depending on the type of noodle so take a small piece every few minutes and give it a taste test. When ready, drain the water and rinse noodles with cold running water. Set aside.
4. In the other pot of boiling water, add edamame. Cook until edamame is warmed through and add snow peas into the pot. Cook briefly until snow peas are warmed through (should be less than 1 minute). Drain and set aside.
5. In a serving bowl, combine noodles, vegetables, sauce, and sesame seeds. Garnish with chopped cilantro if desired.

Nutrition information (per serving):

340 calories, Fat 10 g (15% DV), Carbohydrate 45 g (15% DV), Fibre 8 g (32%), Protein 16 g, Sodium 760 mg (32% DV), Sugars 12g, Calcium 110 mg (10% DV)

Recipe adapted from *Sugar Snap Pea and Carrot Soba Noodles* from
<http://cookieandkate.com/2014/sugar-snap-pea-and-carrot-soba-noodles/>