

# MINUTE NUTRITION NEWS

June 2018

## Eating Local and Seasonal: Sugar Snap Peas

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June and July are the seasonal months of peas. Ontario grows a variety including sugar snap peas, snow peas and garden peas. The differences will be explained in this issue of *Minute Nutrition News* with highlights on ways to help you use more sugar snap peas in your cooking this month!

### Types of Peas



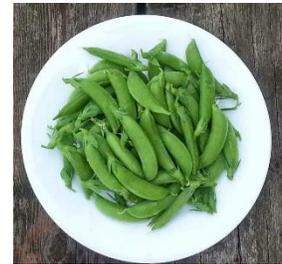
#### Garden Peas

These are the types usually seen in cans or frozen in bags. The pods of garden peas are too tough to eat so they are usually removed before the peas are packaged for selling.



#### Snow Peas

Snow peas are easily recognized by their flat pods filled with tiny peas. The entire pea pod can be eaten as it is quite tender.



#### Sugar Snap Peas

Sugar snap peas, also simply known as snap peas, have the best of both worlds – a crisp but edible outer pod with sweet inner peas.

### Buying and Preparing Sugar Snap Peas

Sugar snap peas can usually be found in the refrigerated produce section, prepackaged in small clear bags. Sometimes they are also sold loosely alongside other vegetables. Choose peas that have firm and bright green pods that are free from blemishes. The peas can be stored for several days and should be washed just before using. If the peas have stems attached at the end, use a small knife to trim off the ends and pull off the strings attached.

### Serving Ideas for Sugar Snap Peas

- The simplest way to eat snap peas – eat them raw as a snack or add them into salads. (To bring out the natural sweetness of the snap peas, another option is to boil them for 1-2 minutes and then chill in an ice water bath before adding to salads.)
- Sauté the peas in a little bit of oil, garlic, salt and pepper. All it takes is about five minutes (or slightly longer if you prefer more tender peas).
- Add snap peas into stir-fries. Start with heating up some oil in a pan with garlic, add meat of your choice, and finish off with adding vegetables such as snap peas in the last five minutes of cooking.
- Try pairing these flavours when cooking or serving snap peas: mint, garlic, olive oil, ginger, thyme, rosemary, sage, sesame seeds or curry.
- Roast the peas in the oven with a bit of olive oil, salt and pepper at 450°F for about ten minutes.

# Recipe of the month

June 2018

## Chilled Snap Peas with Simple Dressing

Sugar snap peas have a natural sweetness so why not let that flavor shine? This easy recipe highlights the natural flavor of snap peas by adding a simple minty orange dressing in olive oil.

Healthy eating could not be any easier!



Makes 2 servings

### Ingredients:

1 pkg (227g)	Sugar snap peas
1 tbsp	Extra virgin olive oil or avocado oil
1 tsp	Diced shallots
3	Grape tomatoes, diced
2 tsp	Orange juice
1/8 tsp	Orange zest
1 sprig	Mint, leaves only, chopped
Pinch	Salt and pepper

### Directions:

1. Bring a saucepan of water to a boil. Add snap peas and cook for about two minutes.
2. Remove snap peas once tender and immediately place in a bowl of ice water bath or under cold running water to stop the cooking process. Drain and set aside.
3. In a separate small bowl, combine remaining ingredients. Add to snap peas and combine evenly.

### Nutrition information (per serving):

110 calories, Fat 7g (11% DV), Saturated Fat 1g (5% DV) Carbohydrate 9g (3% DV), Fibre 3g (12%), Sugars 4g, Protein 3g, Sodium 75mg (3% DV), Calcium 5% DV, Iron 14% DV