

Lil' Sweetie Snap Peas



Did you know?



- Sugar snap peas get their name from their sweet flavor and the sound they make when you bite into them.
- Consuming sugar snap peas whole and raw is a great way to add fiber to your diet. You can dip them in hummus or add them to a salad!
- Sugar snap peas are legumes. Legumes are great plants on farms because they replace nitrogen in the soil.
- Peas are great plants to grow after crops that use lots of nitrogen like corn, lettuce, and strawberries.



Recipe

roasted sugar snap peas with dipping sauce

Parents,

This month in the cafeteria we are sampling sugar snap peas. Keep it simple and kid-friendly by serving them raw with your favorite dressing, dip or hummus. Snap peas are a great addition to stir fry dishes as well. They can be also be chopped up to add a crunch to your salad!

Ingredients:

- 2 cups sugar snap peas
- 1/2 tablespoon olive oil
- 2 tablespoons sesame seeds
- 1/4 teaspoon salt
- Black pepper to taste

FOR SAUCE:

- 1 tablespoon apple cider vinegar
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon olive oil or sesame oil
- 1 teaspoon honey or maple syrup

Directions:

Preheat the oven to 450 degrees. Place sugar snap peas, whole, on the baking sheet, toss with oil and sprinkle with salt and pepper.

Roast for 5 minutes, flip, and roast for 5 more minutes.

Sprinkle with sesame seeds.

Whisk vinegar, soy sauce, oil, and honey or maple syrup in a bowl.

Serve peas with sauce for dipping.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 -1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

