

did you know?

- *Sugar snap peas can be eaten raw or cooked.*
- *The outer shell of the pea pod is very rich in fiber.*
- *Sugar snap peas grow on a vine that trail up a fence or trellis.*
- *You can grow sugar snap peas easily in your own yard!*



JOKE

What do you get when two peas fight?

...black-eyed peas!



SUGAR SNAP PEAS WITH GREEK YOGURT RANCH DIP

INGREDIENTS:

- 1 CUP NON-FAT GREEK YOGURT
- 3 TABLESPOONS MAYONNAISE
- 1 TABLESPOON DRIED PARSLEY
- 1 TEASPOON DRIED DILL
- 1 TEASPOON DRIED GARLIC POWDER
- 1 TEASPOON ONION POWDER
- 1/2 TEASPOON SALT

DIRECTIONS: COMBINE ALL INGREDIENTS AND CHILL. SERVE COLD WITH SUGAR SNAP PEAS AND OTHER VEGETABLES IF DESIRED.

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