

SUGAR SNAP PEAS

Eat these peas in the pods. They are best just after they are harvested before the sugars turn into starch. They are a good source of vitamins A, C, K, and the B's, along with being high in vegetable protein, carbohydrates, and fiber.

Storage Tips

- Use as soon as possible. Refrigerate in a plastic bag for 3-4 days. Storing peas will cause them to lose some of their sweetness and crispness.

Culinary Tips

- Snap peas need stringing. Snap off the stem tip and pull downward to remove the string
- Cook quickly, no more than 2 minutes. Add butter or serve plain.
- Add to stir fries or chilled marinated vinaigrette style salads.

Sauteed Sugar Snap Peas with Carrots and Honey Glaze

½ to 1 lb sugar snap peas
2 medium carrots, peeled
2 TBS butter
1 TBS honey
Freshly ground black pepper

Remove the strings from both edges of the pea pods. Cut each carrot into thirds. Slice each third, lengthwise, into quarters so that the slices are about the size and shape of the sugar snap peas.

Place the carrots into a steamer basket set over 1 ½ inches of boiling water, cover, and steam until they are just crisp-tender, 3 to 5 minutes. Drain the carrots in a colander.

Melt the butter in a large skillet over the medium heat. Add the sugar snap peas; cook, stirring frequently, for 5 minutes. Add the carrots. Continue to cook and stir until the peas are bright green and crisp-tender, about 3 minutes. Add the honey and cook for 1 more minutes, stirring constantly until peas and carrots are thoroughly glazed with the honey. Season with pepper and serve.

From *Farmer John's Cookbook*