

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

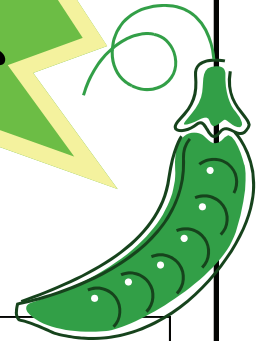
Snow Peas

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What vegetable comes packaged in a pod?

SNOW PEAS!

- ◆ Also known as Chinese peas
- ◆ Eat **fresh and uncooked** in salads *or* cooked (as in stir fry meals)
- ◆ Select pods that are flat, firm, and crisp
- ◆ Peas inside should be very small; avoid pods with large round peas
- ◆ Pinch off the ends just before using
- ◆ Find fresh snow peas in the produce isle (or use frozen)
- ◆ Keep fresh in the refrigerator for up to a week by placing in a plastic bag

Nutrition Facts:

- ◆ **1/2 cup is one serving**
- ◆ **One serving contains about 55 calories**
- ◆ **Snow Peas are a good source of vitamins A & C**

Did you know ?

Snow peas grow well in Connecticut and are one of the first vegetables to ripen in the spring!

You can buy fresh snow peas year-round—and although the per pound price is high, a half pound can provide several servings!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Oriental Snow Peas

6 Servings

INGREDIENTS

2 teaspoons soy sauce	2 teaspoons cornstarch
2 teaspoons sesame oil	1 pound snow peas
1/2 cup carrots	1 cup chicken broth
1/2 red or yellow pepper, slivered	

DIRECTIONS

1. Whisk together the soy sauce and cornstarch in a bowl until cornstarch is completely dissolved; set aside.
2. Prepare a skillet with cooking spray and place over medium heat; drizzle in the sesame oil. Place the snow peas and carrots in the skillet; cook and stir for 2 minutes.
3. Pour the broth over the vegetables and add pepper. Bring to a boil, cover and reduce heat to low; simmer until vegetables are slightly softened, about 5 minutes.
4. Stir in the soy sauce mixture; continue to cook until the sauce has thickened.



Simple ways to enjoy Snow Peas:

Wash under cold water, pinch off ends of the pea pod and add to salads or eat fresh!
They are sweet and crunchy!



Snow Pea & Cabbage Slaw

6 Servings

INGREDIENTS

1/2 pound snow peas	1 1/2 pounds shredded cabbage
2 carrots, shredded	1 bell pepper, thinly sliced (green, yellow, or red)
3 green onions, chopped	1 tablespoon lemon juice
1 tablespoon rice wine vinegar	3 tablespoons olive oil

DIRECTIONS

1. In a large pot of boiling water, blanch snow peas 15 seconds, strain and transfer to a bowl of cold water to chill. Drain and slice thin.
2. In a large bowl, combine the snow peas, cabbage, carrots, bell pepper, green onions, lemon juice, vinegar and olive oil. Add salt and pepper to taste; toss and serve chilled.

Recipes modified from morematters.org & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!