

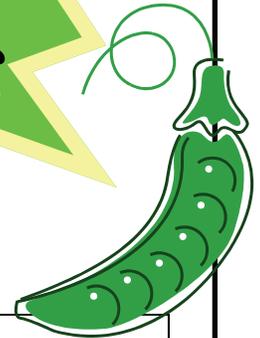
Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Snow Peas

You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://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](http://morematters.org) & [allrecipes.com](http://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!**