

Snap Peas

Snap peas are also called sugar peas or sugar snap peas. This vegetable grows in cooler seasons. Snap peas, among other types of peas grow on vines.



HOW DO I MAKE A GOOD SELECTION?

Choose snap peas that are a bright green color all around the outer shell. The pea pods should be firm and free from blemishes.

WHAT IS THE PROPER STORAGE?

Snap peas can be stored in a perforated plastic bag in the crisper drawer of the refrigerator for up to 2 days. Gently rub under cold running water when ready to eat.

WHY SHOULD I EAT THIS?

Snap peas are a good source of vitamin C which helps with immune function and helps heal cuts and wounds. Snap peas also contain iron which helps produce red blood cells. Vitamin K is also in snap peas, which helps with blood clotting and bone health.

HOW COULD I USE THIS?

- Eat snap peas raw with a dip or hummus
- Try adding cut up snap peas to your soup
- You can easily add snap peas to a stir-fry
- Top your side salad with fresh snap peas
- Snap peas can be cut and added to a side dish like a cold pasta salad
- Steam snap peas and season them to eat as a side dish



DID YOU KNOW?

Snap peas can be eaten raw or cooked!

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 				×	×				×	×	×	
MARKET 						×	×					

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Hannah Guenther, Nebraska Extension

RECIPE:

Snap Pea Salad

4 Servings

Ingredients:

- 1 lb. sugar snap peas, trimmed and strings removed
- 3 oz. spring greens or spinach
- Lemon Vinaigrette:
 - 3 Tbsp. olive oil
 - 3 Tbsp. lemon juice
 - 1/4 tsp. salt
- 1 tsp. fresh or 1/2 tsp. dried oregano
- 1 garlic clove, minced

Directions:

1. Wash hands with soap and water.
 2. Lemon Vinaigrette: In a small jar or bowl, combine olive oil, lemon juice, salt, oregano and garlic. Cover and set aside. This can be made one day in advance. Refrigerate until ready to serve.
 3. Gently rub snap peas under cold running water, trimmed and strings removed. Slice peas in half on the diagonal. Set aside. Gently rub spring greens or spinach under cold running water and pat dry.
 4. Fill a 2-quart sauce pan half-full with water. Cover and bring to a boil.
 5. Add raw peas and blanch for 2 minutes. Drain. Place in bowl and cover with cold water. Drain again.
 6. Stir together the vinaigrette. Add about 1/4 cup of vinaigrette to peas and stir.
 7. Place greens on a large platter. Top with peas. Use additional dressing if desired.
- Options: Add these snap peas on top of whole grain rice or pasta.

Nutrition Info:

Nutrition Facts

4 servings per container	
Serving size	1 1/4 cup
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 3mg	15%
Potassium 16mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Georgia Jones, Nebraska Extension