

Snap Peas



Selecting

Peas, which belong to the legume family of plants, grow in pods which serve as a protective casing.

Snap peas, also known as sugar snap peas, have edible pods.

When buying snap peas, look for firm pods with good green colouring and a glossy smooth finish.

Snap peas are also available frozen. Try to select packages where the peas feel individually frozen and loose in the bag.

Storing

Sugar snap peas can be stored for up to a week in a sealed plastic bag in the refrigerator.

Frozen peas can be stored in the freezer for up to 3 months.

Preparing

To prepare sugar snap peas, rinse, snap off an end and pull down the string and remove.

Cut away any blemishes. Fresh young snap peas usually don't need de-stringing.

Snap peas are often served raw in salads or eaten whole. They may also be stir-fried with a little oil and garlic or steamed.

Eating

Peas are well liked and easy to incorporate in many dishes from soups to salads to stir fries. Fresh sugar snap peas are a great food to pack in lunch boxes. They are easy for the kids to pop right into their mouths or to dip in their favourite healthy dip.

Seasonality

Snap peas are available from June to September. Frozen peas are available all year long.

Nutrition

Snap peas are low in calories (42 calories per 100g), an excellent source of Vitamin A, C and Iron; high in Vitamin K and a source of fibre, and B vitamins.



Try Chef Michael Smith's yummy Summer Snap Pea Salad with Ginger Lime Dressing recipe.

www.halfyourplate.ca/summer-snap-pea-salad-with-ginger-lime-dressing/

