



# Peas

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## What are they?

The two most common types of peas are snow and sugar snap peas (pictured). They are both members of the legume family. Technically, they're two different varieties of the same species. Sugar snap peas are a cross between snow peas and garden peas. They have very similar flavors. However, sugar snap peas tend to be sweeter and more flavorful. They are also quite nutritious and contain a fair amount of fiber and antioxidants.

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## Storage Tips

Place peas in a perforated plastic bag in the vegetable crisper section of the refrigerator to keep them moist. Peas will keep in the refrigerator for 5 to 7 days. To freeze, desting each pea pod. Cut each pea into 2 pieces. Put peas in a freezer bag. Seal the bag and freeze.

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## Usage Tips

Snap peas can be eaten pod and all. First, string the pea by snapping the stem tip and pulling downward. Peas are refreshingly crisp and sweet eaten raw! They can also be steamed lightly for several minutes. Can also be chopped and added to salads.

A Vegetable E-booklet



# RECIPES

## Quinoa Salad with Sugar Snap Peas

### INGREDIENTS

- 3/4 cup quinoa
- Salt and ground black pepper
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 1 garlic clove, minced
- 8 oz. sugar snap peas, thinly sliced on the bias
- 8 oz. radishes, trimmed & julienned
- 1/4 cup roughly chopped mint leaves
- 3 scallions, thinly sliced

Adapted from [www.saveur.com](http://www.saveur.com)

### INSTRUCTIONS

1. In a small saucepan, bring 1 1/3 cups water to a boil. Stir in the quinoa, season with salt and pepper. Reduce the heat to low, cook, covered, until all the water is absorbed and the quinoa is tender, about 20 min. Remove the pan from the heat and let stand for 5 minutes. Uncover the quinoa, fluff with a fork, and then scrape into a large bowl to cool completely.
2. In a small bowl, whisk the olive oil with the lemon juice and garlic, and season with salt and pepper. Pour the dressing over the quinoa, add the peas, radishes, mint, and scallions. Toss to combine before serving.

## Grilled Sugar Snap Peas with Spicy Peanut Sauce

### INGREDIENTS

- 1 pound sugar snap peas
- 1 Tablespoon olive oil
- pinch of salt
- For the Spicy Peanut Sauce:
- 1/2 cup natural peanut butter
- 1/4 cup reduced-sodium soy sauce
- 3 Tablespoons rice vinegar
- 2 Tablespoons honey
- 1 1/2 teaspoons freshly grated ginger
- 1 large clove of garlic, minced
- 1/4 teaspoon (or less) red pepper flakes
- 2-3 Tablespoons of water

Adapted from [www.dishingupthedirt.com](http://www.dishingupthedirt.com)

### INSTRUCTIONS

1. Whisk together all the ingredients for the peanut sauce until smooth and creamy. Taste test, adjust seasonings as needed. If the sauce is too thick add a touch more water to thin.
2. Preheat outdoor grill to med-high heat. Toss the peas with the olive oil and salt. Set a wire rack or grill basket on the grill grate and grill peas, turning occasionally, until lightly charred. About 4 minutes.
3. Serve peas with the dipping sauce and serve warm or at room temperature.