

Nutrition Facts:

Snow peas are a great source of:

- Vegetarian **protein.**
- Dietary fiber for a **healthy digestive system.**
- Vitamin C and Vitamin A for a **healthy immune system.**
- Vitamin B6 and Folic acid for a **healthy brain.**
- Iron for **healthy blood.**
- Potassium for **healthy blood pressure.**
- Calcium for **strong bones.**

Snow peas are higher in **calcium** and **vitamin A** than other types of peas, and are lower in calories.

One cup of whole snow peas contains about **26 calories.**

SNOW PEAS

*NICKNAME: CHINESE MANGETOUT
(FRENCH FOR "EAT ALL")*



What are they?

Snow peas are a variety of pea that can be eaten whole while in its pod.

What do they taste like?

Snow peas contain a lot of natural sugar so they are very sweet and tasty to eat raw or cooked. When fresh and eaten raw they are crisp and crunchy. They will be easier to eat if their fibrous string is removed (see How to Prepare.) They are often included in salads and stir fried meals.

Fun Facts!

- Why are they called “snow” peas? Some say it’s because they can appear white if the light reflects a certain way off their pods. But most say it’s because the peas grow very early in the season and aren’t deterred by frost or snow.
- In France snow peas and snap peas are referred to as “mange tout” because you eat the peas, pod and all! Since you eat the pod, snow peas have a large amount of fiber which is great for your digestive system.
- The pea plant is a fast-growing bushy vine that may need support when it gets large to keep the peas out of the mud. The vine has tendrils that wrap around and climb up trellises. White flowers bloom on the vine and then the pea pods grow out of the flowers. At the tip of the pea pods, you can see what’s left of the blossoms. You remove this tip before eating them.





HOW TO:

STORE:

Refrigerate snow peas in a paper bag or a perforated plastic bag. Use within three days for optimum quality.

FREEZE:

To freeze, remove stems, wash thoroughly, and leave the peas whole. Blanch (boil for 1 min. followed by a cold ice bath) the peas. Drain and pat dry. Place in airtight containers or freezer bags and freeze immediately. Store peas for up to 10 months.

Prepared by Hopelink Volunteers

References:

1. Mediterranean Snow Peas: allrecipes.com
2. String photo: wikihow.com
3. Front small photo: Guanatos Gwyn / Foter.com / CC BY-NC-ND
4. Front large photo: penelope waits / Foter.com / CC BY

How To Prepare SNOW PEAS



How to Choose Snow Peas:

Look for snow peas up to three inches long that are light green in color with smooth, firm skin and very small lumps where the underdeveloped seeds are inside the pod.

How to Prepare Snow Peas:

Before cooking or eating raw snow peas, rinse them in water. Then grab or cut the tip of each snow pea and pull out and discard the tough string that runs along its side. Eat the entire snow pea, pod and all.

Mediterranean Snow Peas

Ingredients:

- 1 1/2 teaspoons butter
- 1 clove garlic, minced
- 1/2 teaspoon Italian seasoning
- 1/2 pound fresh snow peas, trimmed
- 1 tablespoon water, or more as needed
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon fresh lemon juice
- kosher salt and ground black pepper to taste

1. Melt butter in a skillet over medium heat; cook and stir garlic until fragrant, about 30 seconds.
2. Stir in Italian seasoning and snow peas.
3. Add water; cook and stir until peas are bright green and tender, about 2 minutes.
4. Stir in olive oil and lemon juice. Season with salt and black pepper.



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