



SNAP PEAS

IN SEASON

April – June & October – November

HOW TO SELECT

Look for pods that are bright green & firm. Pods should snap when bent.

HOW TO STORE

Refrigerate unwashed peas in a sealed plastic bag up to 4-5 days.

HELPFUL TIP

Fold stem & pull the string that runs along the edge of pea.

SPRING VEGGIE RAGOUT

SNAP PEAS



Nutrition Facts

Serving size: 1/16th recipe (274g)
Servings Per Recipe 6



Amount Per Serving

Calories 260 **Calories from Fat 70**

% Daily Value

Total Fat 8g **10%**

Saturated Fat 2g **10%**

Trans Fats 0g

Cholesterol less than 5g **2%**

Sodium 135mg **6%**

Total Carbohydrate 39g **15%**

Dietary Fiber 3g **10%**

Sugars 6g

Protein 12g

Vitamin A 20% **Vitamin C** 70%

Calcium 8% **Iron** 15%

30 MIN | SERVES 6

INGREDIENTS:

- 8 oz whole-wheat spaghetti
- 2 Tbsp olive oil
- 1 medium onion, diced
- 2 small yellow summer squash, diced
- 8 oz **SNAP PEAS**, trimmed & cut in half
- 2 cups cherry tomatoes, halved
- 1 cup unsalted chicken broth
- 1/2 cup minced fresh basil
- 1/2 tsp pepper
- 2/3 cup shredded parmesan cheese

PREPARATION:

1. Prepare pasta according to package directions. Set aside.
2. In a medium skillet, heat oil over medium. Add onion & cook 2 minutes or until softened, stirring frequently. Add squash & peas. Cook 5 minutes, or until crisp-tender.
3. Add tomatoes & broth. Simmer 2-3 minutes or until tomatoes begin to soften.
4. Add basil & pepper. Cook 1-2 minutes more.
5. Serve over pasta & top with parmesan cheese.