



SNAP PEAS

IN SEASON

April - May & October - November

HOW TO SELECT

Choose 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 TIPS

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

SWEET & SOUR CHICKEN BOWL

SNAP PEAS



Nutrition Facts

1 for 1 certified

Serving size: 1/4th recipe (292g)
Servings Per Recipe 4

Amount Per Serving

Calories 260 Calories from Fat 80

% Daily Value

Total Fat 9g 15%

Saturated Fat 1.5g 8%

Trans Fats 0g

Cholesterol 60mg 20%

Sodium 150mg 8%

Total Carbohydrate 18g 6%

Dietary Fiber 4g 15%

Sugars 15g

Protein 23g

Vitamin A 25% Vitamin C 90%

Calcium 4% Iron 10%

20 MIN | SERVES 4

INGREDIENTS:

- 3 Tbsp olive oil, divided
- 1 lb boneless, skinless chicken breasts, diced
- 1/4 cup no-added-sugar strawberry preserves
- 4 tsp cider vinegar
- 4 cups shredded coleslaw veggie mix
- 1/2 lb **SNAP PEAS**, trimmed
- 1 small red apple, cored & diced (Leave peel on for extra fiber)

PREPARATION:

1. In a large skillet, heat 1 Tbsp oil over medium. Add chicken & cook 5-7 minutes or until cooked throughout, stirring occasionally.
2. Meanwhile, in a small bowl, whisk together preserves, 2 Tbsp oil & vinegar. Set aside.
3. In a large bowl, combine cooked chicken, coleslaw veggie mix & peas. Mix well.
4. Add apple just before serving to prevent browning. Stir in sauce & serve immediately.