



# Helping Mississippians live happier, healthier lives!

## SNAP PEAS

Did you know that snap peas don't need to be "snapped" before cooking them? They can be enjoyed raw, air fried, steamed, sautéed, and roasted! Snap peas are a great choice to increase your



daily vegetable and protein intake. Some varieties are grown to have a higher sugar content. These are known as "sugar snap peas." They make a great side dish and are delicious in a stir-fry.

### SELECT

- Fresh snap peas are best during the spring. During other seasons, they will be less expensive if you buy them frozen.
- Fresh snap peas should be firm and crisp, and make a distinctive "snap" when broken apart.
- You can remove the center "string," but eating it will add more fiber to your meal!
- Select fresh snap peas that are vibrant green without any yellowing.

### PREPARE

- Snap peas are a great addition to meals.
  - Try them raw as a snack or on a salad.
  - Roast them as you would any vegetable.
  - Sauté them and add a protein-packed vegetable to your next stir-fry or pasta recipe.

- To learn more about snap peas, visit [HappyHealthy.MS](http://HappyHealthy.MS) and click on Tips and Videos.
  - How to Freeze Fresh Fruits and Vegetables
  - Sharpen Your Knife Skills
  - Add More Fruits and Vegetables to Your Day
  - How To: Step by Step Stir-Fry

### BENEFIT

- Snap peas contain vitamins A and C, which help your body heal, build your immune system, and help keep your blood vessels and muscles working properly.
- They have potassium, which helps your heart and kidneys function properly.
- They also are a good source of vitamin K, which helps with blood clotting as well as absorbing calcium for bone health.
- Snap peas are a great source of fiber to help with digestion.



ENJOY



## BEEF STIR FRY

- 1 pound beef (top round or top sirloin, cut  $\frac{3}{4}$  inch thick, or flank steak)
  - $\frac{3}{4}$  cup prepared stir-fry sauce
  - 3 teaspoons oil
  - 16 ounces frozen vegetables (Asian blend such as broccoli, carrots, and sugar snap peas)
  - 3 garlic cloves, minced
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. Cut beef steak crosswise into thin strips.
  3. Place beef strips and  $\frac{1}{4}$  cup stir-fry sauce in a plastic storage bag and turn the beef to coat. Place in the refrigerator for 30 minutes to 2 hours to marinate.
  4. Heat 1 teaspoon of oil in a large skillet over medium-high heat.
  5. Add the vegetables to the skillet and cook, stirring occasionally, for about 4 minutes or until the vegetables are crisp-tender. Remove the vegetables and keep warm.
  6. Heat 2 teaspoons of oil in the same large skillet until hot, and add the marinated beef strips and minced garlic. Cook, stirring occasionally, for 3–5 minutes until the strips are browned. Return the vegetables and remaining  $\frac{1}{2}$  cup prepared stir-fry sauce to the skillet, and cook an additional 1–2 minutes until heated.
  7. Refrigerate leftovers within 2 hours.

## FUN WITH FOOD

### CHILDREN CAN HELP:

- ▶ Plant snap peas in the spring.
- ▶ Select fresh snap peas at your local grocery store or farmers market.
- ▶ Rinse and help with preparing snap peas.

### CHILDREN CAN ENJOY:

- ▶ Raw snap peas as a snack.
- ▶ Snap peas roasted in the oven. Place snap peas on a lined baking sheet and sprinkle olive oil, salt, and pepper over them. Bake at 400°F for 20–25 minutes, turning them over after 15 minutes.



Publication 4104 (POD-04-25)  
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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

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