



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Sugar Snap Peas

Did you know?

Sugar snap peas are available from June to September.

Sugar snap peas are an excellent source of Vitamin C.

Sugar snap peas are also a good source of fiber to help you
stay fuller longer!

Fun Fact!

Both the peas and their pods are edible!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Select young, bright pods with well-developed peas that snap readily.
- Store peas in a plastic bag for up to three days.
- Wash the peas well before use.
- Yellowed, swollen, or speckled pods indicate poor quality.

Sugar Snap Peas

1/2 pound sugar snap peas
1 tablespoon olive oil
1 tablespoon chopped shallots
1 teaspoon chopped fresh thyme
kosher salt to taste

Preheat oven to 450 degrees. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt. Bake 6 to 8 minutes in the oven, until tender but firm.

Preparation time: 10 minutes

Cook time: 8 minutes

Serves: 4

Nutrition Facts:

Calories: 60

Total Fat: 3 g

Cholesterol: 0 mg

Sodium: 0 mg

Total Carbohydrate: 6 g

Protein: 1 g

<http://allrecipes.com/>

Find these fruits and vegetables in the word search below:

Swiss Chard
Grape Tomato

Sugar Snap Pea
New Potato

Bell Pepper
Summer Squash

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
S	T	W	S	I	O	N	L	E	V	T	H	I
Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z