

SUGAR SNAP PEAS

Nutrition and Health

Sugar snap peas are high in vitamins A and C. A one cup serving has 40 calories.

Selection

Snap peas are at their best when the pods are 2½ to 3 inches long and plump with mature peas.

Storage

Garlic Snow Peas

2 cups fresh snow peas, washed, dried and trimmed
1 tablespoon sesame oil
3 minced garlic cloves
salt and pepper

Heat wok on medium-high heat. Add oil; when it gets hot, add peas. Stir-fry for 1 minute. Add garlic and seasoning.

Cook just until bright green and still crisp. Take care to not overcook.

Salmon, Snow Peas and Potato Salad

1 pound red potatoes, cut into chunks
6 ounces snow peas, trimmed
¾ cup water
3 strips lemon zest
12-ounce salmon fillet
2 tablespoons light mayonnaise
2 tablespoons fresh lemon juice
1 tablespoon reduced sodium soy sauce
¼ teaspoon salt
¼ cup minced dill
1 10-ounce package frozen corn kernels, thawed
6 cups mixed salad greens

In a vegetable steamer, steam the potatoes until firm tender, 7 to 10 minutes. Add the snow peas during the last 1 minute of cooking time.

In a small skillet, bring the water and lemon zest to a boil over medium heat. Add the salmon, reduce to a simmer, cover and cook until the fish just flakes

when tested with a fork, about 7 minutes.

Transfer salmon to a plate and set aside to cool. Strain the poaching liquid and reserve ½ cup. When cool enough to handle, pull off skin and cut fish into bite-size chunks.

In large bowl, whisk together the reserved poaching liquid, mayonnaise, lemon juice, soy sauce and salt. Stir in dill.

Add potatoes, snow peas and corn, tossing to coat with the dressing. Gently fold in the salmon. Serve the salmon salad on a bed of greens.

Leek, Roasted Sugar Snap Peas

1 large leek, white part only, halved lengthwise and thoroughly washed
1 pound sugar snap peas, trimmed
2 teaspoons extra-virgin olive oil
½ teaspoon salt
1 cup cherry tomatoes, halved
1 teaspoon dried oregano

Preheat oven to 425°F.

Cut leek halves into 2-inch lengths and then very thinly slice each piece lengthwise into 2-inch-long strips. Toss the leek strips, peas, oil and salt in a medium bowl. Spread evenly on a baking sheet.

Roast for 15 minutes. Stir in tomatoes. Return to the oven and roast until the vegetables begin to brown, about 10 minutes more. Toss with oregano and serve.

www.uaf.edu / call us at 1-877-520-5211

Leif A. Bevilacqua, Extension Faculty, Health, Home and Family Development. Originally prepared by Roxie Rodgers Dinstel, former Extension Faculty Health, Home and Family Development



Published by the University of Alaska Fairbanks Cooperative Extension Service in cooperation with the United States Department of Agriculture. The University of Alaska is an Affirmative Action/Equal Opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.

©2023 University of Alaska Fairbanks.

04-00/RD/03-23

Revised January / 2023