

# Sugar Snap Peas

Sweet-tasting whether raw or cooked, are a cross between garden or shelling peas and snow peas. Peas a legume or a plant that bears fruit in the form of pods enclosing the fleshy seeds we know as beans. The pods of the sugar snap and snow peas are edible whereas the shelling peas' pods are too fibrous and chewy for most.

Besides being very tasty, peas are a good source of vitamin K, necessary for bone health, as well as folic acid and vitamin B6, which help to reduce homocysteine levels. High homocysteine levels have been linked to osteoporosis and heart disease so enjoy your peas while protecting your bones and heart! With plenty of vitamins B1, B2, B3 and B6, iron and vitamin C, eating peas helps combat fatigue by supporting the body's energy-producing systems. They also contain the minerals manganese, phosphorus, niacin, magnesium, copper, zinc and potassium, dietary fiber, vitamin A and some protein.

Break off the dried flower and de-string. Good luck even getting these sweeties home if you have kids. Delicious as a snack plain or with a yummy dip. Cook until bright green in your favorite pasta or stir fry. Crisp, sweet sugar snap peas. How luxurious!?! Throw into salads, stir fries, or eat them plain. Dip them in hummus or your favorite salad dressing!

## Snap Pea & Turnip Salad

2TBS + 1tsp Sea Sal, divided

4 Turnips, peeled & sliced

4c Sugar Snap Peas, ends trimmed

¼ Shallot, chopped

2TBS Lemon Juice

2TBS Rice Vinegar

½ c Olive Oil

2TBS Mint, chopped

Salt n' Pepper.

Create an ice bath and set aside. Bring a large saucepan of water to a boil. Add 2TBS sea salt & turnips & simmer for 1 min. Add snap peas & cook until both are crisp & tender, about 1 min. Drain, transfer to ice bath for 2 min. Drain & dry. In a large bowl add shallot, lemon, juice, & vinegar. Whisk, slowly add olive oil until thick & creamy. Add turnips, snap peas, mint & remaining sea salt with pepper. Stir well, & serve.



## Tomato Salsa with Sugar Snap Peas

4 LG Tomatoes cut into wedges

2 handfuls Sugar Snap Peas halved

Handful of Parsley Leaves

1/3c Basil Leaves chopped

Salt n' Pepper

Olive Oil

Balsamic vinegar

Toss the cut vegetables & Herbs in a large serving bowl. Whisk the oil & vinegar together. Pour over vegetables. Season with salt n' pepper, serve immediately.

## Steamed Sugar Snap Peas with Papaya Salsa Farmer John's Cookbook

1 cup peeled, seeded, diced papaya

1/2 cup chopped fresh cilantro

1 Tbls minced onion

- 2 tsp fresh lime juice
- 2 tsp rice vinegar
- 1/8 tsp salt
- 1/8 tsp ground white pepper
- 1 pound sugar snap peas

Combine the papaya, cilantro, onion, lime juice, rice vinegar, salt and white pepper in a medium bowl. Toss the ingredients until well combined. Remove the strings from both edges of the pea pods. Place the peas in a steamer basket set over 1 1/2 inches of boiling water, cover and steam until they are just crisp-tender, 3-5 minutes. Drain the peas and immediately run cold water over them. Transfer the peas to a clean, dry dish towel and pat them dry, Serve topped with the papaya salsa.

### **Sautéed Sugar Snap Peas with Carrots and Honey Glaze (Farm Family Favorite)**

- 1/2-1 pound of sugar snap peas
- 2 medium carrots
- 2 Tbls butter
- 1 Tbls honey

Remove the strings from both edges of the peas pods. Cut each carrot into thirds. Slice each third, lengthwise, into quarters so that the slices are about the size and shape and the sugar snap peas. Place the carrots in a steamer basket set over 1 1/2 inches boiling water, cover, and steam until they are just crisp and tender, 3 to 5 minutes. Drain the carrots in a colander. Melt the butter in a large skillet over medium heat. Add the sugar snap peas; cook, stirring frequently, for 5 minutes. Add the carrots. Continue to cook and stir until the peas are bright green and crisp-tender, about 3 minutes. Add the honey and cook for 1 more minute, stirring constantly, until the peas and carrots are thoroughly glazed with the honey. Remove the skillet from heat. Season generously with pepper. \*Farmer John's Cookbook

### **Sugar Snap Peas with Basil and Lemon**

- 2 teaspoons butter
- 1 1/4 lbs. sugar snap peas
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1/3 cup chopped fresh basil
- 1/2 teaspoon grated lemon zest
- 1/2 lemon, cut in wedges

Heat oil in a large nonstick skillet over medium heat. Add Chinese peas, season with salt and pepper. Stir-fry until crisp-tender, or about 3 minutes. Add basil and lemon zest, stir-fry until basil is wilted and fragrant. Serve immediately with lemon wedges.

### **Quinoa and Sugar Snap Pea Salad**

- 1/2 lb. sugar snap peas
- 1 1/2 cup quinoa, cooked and cooled
- 1/4 cup plus 1 tablespoon extra-virgin olive oil
- 3 T white wine vinegar
- Salt and freshly ground pepper
- 1/2 cup salted roasted pumpkin seeds
- 1/2 cup chives or 1/4 cup garlic curls, minced

In a small saucepan of boiling salted water, simmer the peas until bright green and crisp and tender, about 1 minute. Drain and spread out on a large plate to cool, and then pat dry. Cut the peas on the diagonal into 1-inch pieces. In a bowl, combine the oil and vinegar and season with salt and pepper. Add the peas to the quinoa with the pumpkin seeds, chives or garlic curls and dressing; stir. Season with salt and pepper and serve at room temperature or lightly chilled.

### **Bowties with Sugar Snap Peas**

Salt for pasta water

1 pound sugar snaps

1 pound dried pasta bowties

1/2 cup finely grated parmesan or other cheese

Salt & Pepper

Juice of 1 lemon, plus more to taste

Few leaves of mint, slivered

1 cup ricotta or silken tofu

Cook bowties al dente, then add sugar snaps to pasta. Cook for one minute more. Reserve one cup pasta cooking water, then drain. Add them back to the empty pot with 1/2 cup pasta cooking water, grated cheese, a splash of olive oil, salt and freshly ground black pepper. Cook on high for one minute, tossing constantly. Turn heat off, dollop ricotta all over in large spoonfuls and, without stirring, tip pasta mixture into a wide serving bowl. Drizzle pasta with a small amount of olive oil, and then squeeze lemon juice over the whole dish, sprinkle with mint, and finish with an extra sprinkling of parmesan. Original recipe from the Smitten Kitchen

### **Pickled Snap Peas**

1 1/4 cups white distilled vinegar

1 1/4 cups cold water

1 T kosher or pickling salt

1 T sugar

1 lb. sugar snap peas, stems trimmed and strings removed

4 garlic cloves, sliced

1 or 2 small dried Chile peppers, slice lengthwise or a couple pinches dried red pepper flakes

In a saucepan, heat the vinegar with the salt and sugar until they are dissolved. Remove from the heat, and add the cold water. When the vinegar mixture is cool, pack the sugar snaps, garlic and Chile peppers or flakes into a 1-quart jar, and pour the brine over it. Cover with lid. Store the jar in the refrigerator for 24 hours to two weeks. – Smitten Kitchen

### **Sesame Roasted Snap Peas**

1 pound sugar snap peas

½ t. sesame seeds

1 t. toasted sesame oil

¼ t. salt

Preheat oven to 475° Toss peas, oil and salt in a bowl. Spread as a single layer on a baking sheet. Place in the oven and roast, turning halfway through, until snap peas are tender and lightly browned, about 10-15 minutes. Toss with sesame seeds and serve.

### **Kale Dip with Snap Peas**

1 T. olive oil

1 garlic curl or clove thinly sliced

3 c. thinly sliced kale leaves

Coarse salt

1 c. cottage cheese

Pinch red-pepper flakes

1 T. fresh lemon juice

2 c. sugar snap peas, trimmed

Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, covered, stirring occasionally, until tender, 3 to 4 minutes. Let cool. Transfer to a food processor. Add cottage cheese and puree until smooth. Season with pepper flakes and lemon juice. Bring a pot of well-salted water to a boil and cook peas until bright green and tender, 1 to 2 minutes. Transfer to an ice-water bath; drain. Serve with dip. Dip can be refrigerated for up to 3 days

**Dale's Mint Quinoa with Veggies!** (Workshare Lunch) Cooling food in hot weather! So satisfying, vegan and one of my favorite light summer meals.

Dressing:

1 c. packed mint

¼ c. lemon juice

½ c. apple cider vinegar

1 T. sugar

1 ½ c. olive oil

Combine first 4 ingredients in a blender and puree. Turn on blender add oil and turn off.

Quinoa:

1 c. quinoa

1 T. Olive oil

1 minced garlic curl

2 C. water

Veggies: Add any farm fresh veggies! Here are some of my favorites...

Garlic curls, cut in 3" lengths

Turnips, sliced thin

Sugar snap peas, stringed and chopped

Bok Choy, chopped,

Collards, sliced thin

Heat oil in sauce pan. Add quinoa and stir until grain begins to turn golden brown. Carefully add water, bring to a boil. Reduce heat to low, put a lid on and cook for 12-15 min. Heat some olive oil in a pan. Sauté' some chopped up garlic curls (cut them tiny or about 3"). Add bok choy stems and cook for 2-3 minutes. Add some peas and chopped up collards. Add the Bok choy greens. Combine quinoa, veggies and dressing in a bowl. Stir together and serve.

**Chilled Shrimp and Sugar Snap Pea Salad with Tangy Ginger Dressing** So simple, so quick and so delicious. Please try substituting steamed bay scallops if you like, which are just as delicious. Allow 1 hour to chill.

Dressing:

½ c. rice vinegar

¾ c. veggie oil

½ c. toasted sesame oil

3 Tbls. Dry Sherry

1 tsp. Sugar

Salt and pepper to taste

1 T fresh grated ginger

2 Tbls. Mustard powder

Whisk together all dressing ingredients.

2 medium cucumbers, peeled, seeded and sliced into thin half-rounds

3-4 cups sugar snap peas, washed, trimmed and lightly steamed

1 pound small shrimp, pre-cooked or lightly steamed and peeled

1 stalk celery, thinly sliced or ½ cup grated radish

1/3 cup thinly sliced scallions or white onion

2/3 – ¾ cup Tangy Ginger dressing

¼ cup chopped fresh herbs, your choice, a blend or optional

Toss all ingredients together, add the dressing and toss again to thoroughly coat. Chill at least one hour, and then serve.

Add salt to taste.

### **Sugar Snap Peas with Prosciutto**

2 Tablespoons butter, ghee or extra-virgin olive oil, your choice

½ cup thinly sliced scallion, shallot or white onion

2 cloves minced fresh garlic or 1 garlic curl, finely minced

½ to 2/3 cup thinly sliced prosciutto (from the deli)

3-4 cups sugar snap peas, washed and trimmed

¼ to 1/3 cup dry white or sparkling white wine

About 1 tablespoon chopped fresh herbs such as mint, chives, etc...

Salt and pepper to taste

Warm a skillet over medium heat, add the oil, ghee or butter, then the garlic and onions. Sauté for a few moments, stirring. Add the Prosciutto and stir. Sauté until the onions just begin to turn golden, add the herbs, deglaze with the wine, and add the peas, stir and cover. Reduce heat and simmer 4-6 minutes until tender-crisp. Check for salt and pepper. Some additional fresh herbs on top or a garnish of some shaved Parmesan would be a nice addition, too.