

# Snap Peas

## **Safety first:**

Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

## **ROAST** –

- Toss snap peas with olive oil, salt, pepper and any other seasoning such as parsley, garlic or Parmesan cheeses. Spread pods on a baking sheet lined with parchment paper and bake at 400°F for 15 to 20 minutes or until crispy.

**BOIL** – Boil the snap peas for about three minutes or until tender. Remove from water and toss in oil or butter, salt and pepper.

## **SAUTE** –

- Remove stem and string end from each pod. Heat oil in a pan and add snap peas, salt and pepper. Sauté for three to five