



# DISCOVERY DAYS!

## Sugar Snap Peas

- They can be eaten raw or cooked and the everything is edible, even the pod.
- They contain less starch than regular garden peas, but are high in fiber.
- They are available all year long with their peak season in March and April.
- They are a perfect way to add crunch to a stir-fry or salad.
- When choosing pea pods pick ones that are bright in color and are firm and plump.
- Fresh peas can be eaten with dips and used in place of chips for a healthy alternative.
- Don't cook them for too long or they will lose their flavor. Try blanching them quickly in boiling water, or sautéing them. They should still be slightly crunchy when you are done cooking them.

**TRY SOMETHING NEW!**

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