



# Snow Peas

- ◆ At one time, snow peas were only seen in Chinese restaurants, but now they are available everywhere.
- ◆ Snow peas are delicately sweet, meaty, crisp and tender; a flavor and texture all of their very own.
- ◆ An excellent source of protein, snow peas offer carbohydrates, dietary fiber, vitamin C, vitamin A, iron, folic acid, potassium and calcium.
- ◆ A three and a half ounce serving contains about 43 calories.
- ◆ Snow peas were made for stir-fries and Oriental soups. Serve as a vegetable by themselves enhanced with garlic, ginger or hot peppers. Pair with shrimp, pork or chicken.
- ◆ For a delicious attractive appetizer, carefully open the pods and add a cream cheese spread.