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.