

F. Mint Sugar Snap Peas



Prep time: 5 minutes

Cook time: 12 minutes

Serves: 4

Serving size:
About 1/2 cup

Utensils needed

Knife

Cutting board

Medium-sized skillet

Measuring spoon

Mixing spoon

Ingredients

2 teaspoons of olive oil

1 pound of fresh sugar snap peas, strings removed

1 tablespoon of chopped fresh mint leaves

1 tablespoon of fresh lemon juice

Salt and pepper to taste

Directions

1. Wash your hands and clean your cooking area.
2. Wash the sugar snap peas and remove the strings.
3. Heat the skillet to medium-high heat; add the olive oil.
4. Add the peas to the skillet and sauté them just until they are tender (about 8-10 minutes).
5. Remove the pan from the heat and stir in the mint.
6. Drizzle the lemon juice on top of the peas and mint. Toss them lightly.
7. Season to taste with salt and pepper.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 25% • Vitamin C 120%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Kitchen math

1. About how many cups will a pound of sugar snap peas fill?

2. The recipe calls for 2 teaspoons of olive oil and 1 tablespoon of fresh lemon juice. Which is more? _____
3. One serving of Mint Sugar Snap Peas has 12 percent of the fiber we need each day. Look closely at the nutrition label. How many grams of fiber is that? _____
4. Which vitamin has the largest percentage of the daily value for this recipe? _____

www.jmgkids.us/LGEG



How the children can help: Wash the produce, remove the strings, measure the ingredients, stir in the mint, and drizzle the lemon juice over the peas