F. Mint Sugar Snap Peas

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.

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? ______________________

Utensils needed
- Knife
- Cutting board
- Medium-sized skillet
- Measuring spoon
- Mixing spoon

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Servings Per Container 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70 Calories from Fat 20%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g (4%)</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g (0%)</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9g (3%)</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g (12%)</td>
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<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</tbody>
</table>

Vitamin A: 25% • Vitamin C: 120% • Calcium: 6% • Iron: 15% (Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.)

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4

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.