



# Snow Peas



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## Interesting Facts

- Snow Peas are a very good source of Vitamin K which helps the blood clot
- Peas are also good sources of Vitamin C, Folate, Niacin, Zinc, Magnesium, and Potassium

## Fun Facts

- The Latin name of peas is Pisum Sativum.
- The Romans grew over 37 varieties of peas.
- Gregor Mendel used snow peas in his trait Inherent Experiment.
- The snow peas are not affected by frost.
- Available for harvest all year round.
- First grown in the Mediterranean and then world wide.

## Did You Know

\*Snow peas are extremely rich with Iron and Potassium.

\*In France snow peas are known as Mange Tout.

*By: Michael Forrest*



## RECIPE

### **Snow Peas with Toasted Almonds.**

#### INGREDIENTS

- 1 TABLESPOON OF UNSALTED BUTTER.
- 1/4 CUP SLICED ALMONDS.
- 1/2 POUND SNOW PEAS TRIMMED.
- 2 TEASPOONS MINCED SHALLOT.
- 1 TEASPOON FRESH LEMON JUICE.

#### DIRECTIONS

MELT BUTTER IN MEDIUM SKILLET OVER MEDIUM HEAT. ADD ALMONDS AND COOK UNTIL GOLDEN AND FRAGRANT AND BUTTER BEGINS TO BROWN, STIRRING FREQUENTLY, ABOUT 1 1/2 MINUTES. ADD SNOW PEAS AND SHALLOT; SAUTÉ UNTIL SNOW PEAS ARE CRISP-TENDER, 1 1/2 TO 2 MINUTES. REMOVE SKILLET FROM HEAT; ADD LEMON JUICE. SEASON TO TASTE WITH SALT AND SERVE.