



***Recipe for-***

**Family Friendly Recipe: Sugar Snap Peas, Three Ways**

**Recipe #1- Sugar Snap Pea & Hummus Snack**

**Ingredients:**

2 cups fresh sugar snap peas

½ cup of your favorite hummus (we used Roasted Red Pepper Hummus)

**Preparation steps:**

Rinse the sugar snap peas under cool running water. Pat the pea pods dry with a paper towel.

Serve with your favorite hummus as a nutritious snack!

**Recipe #2- Spring Salad with Sugar Snap Peas**

**Ingredients:**

1 cup fresh sugar snap peas

2 cups fresh spinach, kale, arugula, or other salad greens

3-4 radishes, sliced thin

1 tomato, cut into 8 sections

**Preparation steps:**

Rinse sugar snap peas under cool running water. Pat pea pods dry with a paper towel. Toss with fresh salad greens, radishes and tomatoes. Serve and enjoy this colorful salad!

**Recipe #3- Grilled Sugar Snap Peas**

**Ingredients:**

2 cups fresh sugar snap peas, rinsed & pat dry

2 Tablespoons olive oil

Sprinkle of salt and pepper

**Preparation steps:**

Toss sugar snap peas with 2 Tablespoons olive oil and a sprinkle of salt and pepper. Toss to coat.

Heat a grill pan over medium heat. Cook the peas for one minute on each side, or until lightly blistered.

Serve Grilled Sugar Snap Peas as a side dish!