



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD

Nutrition & Wellness Educator

Serving McLean, Livingston, & Woodford Counties

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Sesame Ginger Sugar Snap Peas



2 teaspoons olive oil
1 garlic clove, minced
1 teaspoon minced fresh ginger
8 oz. sugar snap peas

1 Tablespoon reduced sodium soy sauce
1/2 teaspoon toasted sesame oil
1/2 Tablespoon sesame seeds

Instructions: Wash hands with soap and water. Rinse peas and remove strings if needed. In a medium skillet, heat olive oil over medium heat. Add garlic and ginger and sauté for 30 seconds. Add peas and soy sauce; sauté, stirring occasionally, for 4-6 minutes until peas are tender but crisp. Stir in sesame oil and sprinkle with sesame seeds before serving.

Yield: 4 servings

Nutrition Facts (per serving): 60 calories, 3.5 grams fat, 140 milligrams sodium, 6 grams carbohydrate, 1 gram fiber, 2 grams protein