

## Roasted Sugar Snap Peas

Serves: 2

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### Ingredients:

2 cups sugar snap peas  
 1/2 tablespoon olive oil  
 2 tablespoons sesame seeds  
 1/4 teaspoon salt  
 Black pepper to taste

### For Sauce:

1 tablespoon apple cider vinegar  
 2 tablespoons low-sodium soy  
 sauce  
 1 teaspoon olive oil or sesame oil  
 1 teaspoon honey or maple syrup

### Equipment:

Medium bowl and whisk  
 Spatula  
 Baking sheet with rims  
 Measuring cups and spoons

### Directions:

1. Preheat the oven to 450 degrees. Place sugar snap peas, whole, on the baking sheet, toss with oil and sprinkle with salt and pepper.
2. Roast for 6 minutes, flip, and roast for 4 more minutes.
3. Sprinkle with sesame seeds.
4. Whisk vinegar, soy sauce, oil, and honey or maple syrup in a bowl.
5. Serve peas with sauce for dipping.

### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 2	
<b>Amount Per Serving</b>	
<b>Calories 175</b>	Calories from Fat 90
<b>%Daily Value*</b>	
<b>Total Fat 10g</b>	<b>16%</b>
Saturated Fat 1g	7%
Cholesterol 0mg	0%
Sodium 964mg	40%
Potassium 84mg	2%
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 4g	17%
<b>Protein 6g</b>	<b>11%</b>
Vitamin A 15%	Vitamin C 15%
Iron 16%	Calcium 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Fun Facts about Peas

1. Consuming sugar snap peas whole and raw is a great way to add fiber to your diet. You can dip them in hummus or add them to a salad!
2. For the sweetest flavor, eat sugar snap peas as soon as possible after they have been harvested. To store, place in an unsealed bag and refrigerate up to 3-5 days.
3. Sugar snap peas are the lower calorie version of regular green peas, but still contain a variety of vitamins and minerals!



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