

# Harvest of the Month

## Snow Peas



Calories  
**41**

Total Fat  
**0g**

1  
cup

Sodium  
**4mg**

Sugars  
**4g**

## FUN FACTS:

***You can eat the peas, pod and all!***

Snow peas are thin and crisp. Their green pod contains tiny, tender, flattened peas.

They are an essential ingredient in Oriental cuisine, especially in stir-fries, fried rice and noodle dishes. Snow peas add a crunch to salads, and because they are so sweet, they are delicious eaten raw.

Due to the high natural sugar content, snow peas cook and brown quickly.

This institution is an equal opportunity provider.

