

# Sugar Snap Peas

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2<sup>nd</sup> grade students learn about a variety of snacks and healthy living.

To learn more about sugar snap peas, watch Eating Healthy with Michelle – Lesson 20. The video can be found at <https://www.youtube.com/watch?v=VwA2rCqhHRE>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

## Facts

- Today 5% of peas are sold fresh, most are canned.
- There are two types of peas
  - Edible pods – include sugar snap peas and snow peas
  - Inedible pods – include green peas, also called sweet peas or garden peas
- Peas are a great source of:
  - Vitamin A – helps our eyesight
  - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
  - Vitamin K – helps with blood clotting
  - Fiber – helps our digestive system



## How to Pick 'Em

- Choose sugar snap peas that are:
  - Firm
  - Bright green
  - Pods that appear ready to burst
- Sugar snap peas convert their sugar into starch just hours after harvest.
- Keep them cold to slow down the conversion and help them stay sweet.



This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).

## Try it at Home

- Eat sugar snap peas plain or with a dip. Steam or bake for a side dish or add them to a stir fry.
- Add frozen peas to soups, stews, casseroles, and pasta dishes.

## Sweet Pork Stir Fry

### Ingredients:

- 6 ounces whole wheat thin spaghetti
- 1/3 cup reduced sodium soy sauce
- 2 tablespoons packed brown sugar
- 2 garlic cloves, minced
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 pound boneless pork, thinly sliced (chop or loin)
- 1 package (8 ounces) sugar snap peas
- 2 cups bell pepper, sliced (2 medium bell peppers)



### Directions:

1. Cook pasta according to package directions.
2. Stir soy sauce, brown sugar, and garlic in small bowl while pasta is cooking.
3. Heat oil in a large skillet over medium heat. Add pork when oil is hot. Cook pork about 5 minute. Stir frequently.
4. Add peas and bell peppers to the skillet. Cook for 3 minutes more.
5. Add the soy sauce mixture to the vegetables. Cook 3 minutes more.
6. Add the pasta and stir until all the ingredients are combined.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/sweet-pork-stir-fry/>



IOWA STATE UNIVERSITY  
Extension and Outreach