

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# SNOW PEAS



Snow peas are immature pea pods in the legume family vegetables. The whole pod, including peel, is eaten. Snow peas have more fiber than garden peas. Dietary fiber helps in smooth bowel movements. The peas reduce blood cholesterol levels and obesity. Sugar peas are excellent sources of vitamin-C, iron, calcium, copper, zinc, selenium, and manganese. Snow peas can be eaten raw and in salads. They are also great sauteed and in stir fry dishes. They are available year-round.

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