

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

SUGAR SNAP PEAS



Sugar Snap Peas are a group of edible podded peas that were developed by breeding a Chinese snow pea with a mutant pea plant. The result is a snappy sweet pea with thicker walls and plump pods. They are an excellent source of protein and great for snacking. They go well with cheese and are good in salads and stir-fried dishes. Some peas may need to have the strings removed.

They are best raw or cooked quickly.

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