

Sautéed Snap Peas

Prep time: 5 minutes/ Cook time: 5 minutes

Serves: 4

Ingredients:

1 pound Snap peas
1 tablespoon Oil or butter
1 ½ teaspoons Salt
¾ teaspoon Black pepper



Directions:

1. Remove and throw away the stem end and string from each snap pea pod.
2. Heat the oil or butter in a large sauté pan over medium- high heat. Add the snap peas, salt, and pepper and cook in oil tossing occasionally for 3-5 minutes.
3. Enjoy immediately!

Garlic Baked Snap Peas

Prep Time: 5 minutes/ Bake time: 10 Minutes

Ingredients:

½ pound Snap peas
1 tablespoon Oil or melted butter
1 tablespoon Garlic, minced
Salt, to taste



Directions:

1. Preheat oven to 450 degrees
2. Put snap peas in a single layer on a baking sheet and drizzle peas with oil or butter.
3. Sprinkle garlic and salt over the top. Mix peas around so everything is coated evenly.
4. Bake for 7-8 minutes and enjoy immediately!