



Peas with Sesame



Makes 6 servings

Ingredients:

- 1 Pound sugar snap peas
- 1 Tbs. black sesame seeds
- 2 Tbs. dark sesame oil
- 1/2 Tsp. kosher salt.

Preparation:

Remove and discard the stem end and the string from each pod. Toss the snap peas in a bowl with sesame oil, sesame seeds, and kosher salt, to taste. Serve at room temperature.

Nutritional information for 1 cup serving:

*Calories 80, Fat 5 gm,
Fiber 3 gm,
Cholesterol 0 mg,
Sodium 200 mg.*

Source: Foodtv

If the peas are too tough to eat raw, blanch them in boiling water for 5 minutes, drain and immediately then immerse them in ice water before starting the recipe.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev.1/2010



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