

ROASTED SUGAR SNAP PEAS

Prep time: 5 minutes, Cooking time: 10 minutes, Makes: 3 cups

Ingredients:

- 1 pound sugar snap peas
- 1 teaspoon olive or vegetable oil
- 1 teaspoon soy sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



Directions:

1. Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.
2. Place the peas on a metal baking sheet.
3. Bake in a 400 degree oven for 8 to 10 minutes. Turn a couple times while roasting.
4. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 3/4 cup (117g)

Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 390mg **16%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 3g

Vitamin A 2% • Vitamin C 40%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4