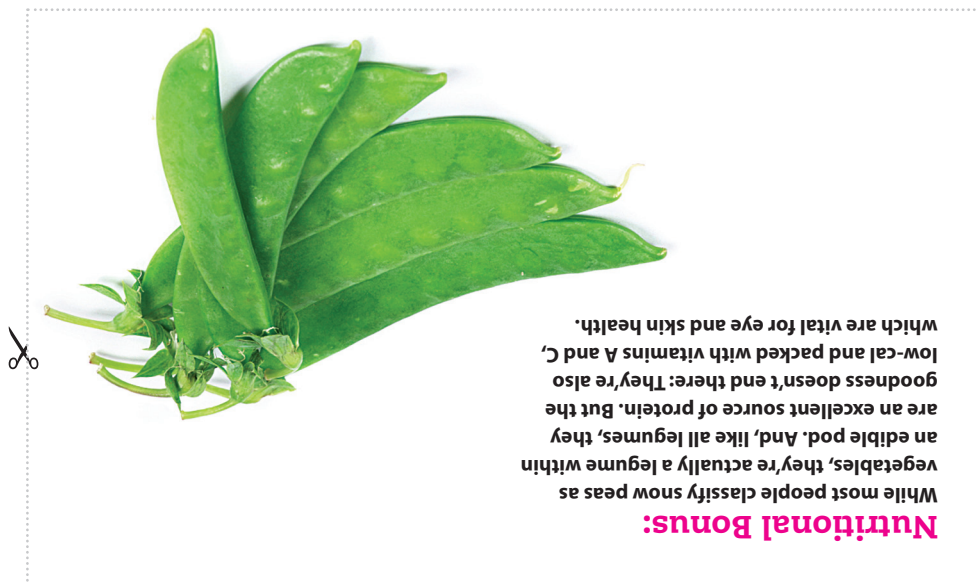


## Snow Peas

WITH SWEET & SOUR DRESSING

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



**Nutritional Bonus:** While most people classify snow peas as vegetables, they're actually a legume within an edible pod. And, like all legumes, they are an excellent source of protein. But the goodness doesn't end there: They're also low-cal and packed with vitamins A and C, which are vital for eye and skin health.

FOLD LINE

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### SNOW PEAS WITH SWEET & SOUR DRESSING

Serves 6. Hands-on time: 8 minutes. Total time: 10 minutes.



#### INGREDIENTS:

- 1 tbsp pure maple syrup
- 1 tbsp rice wine vinegar
- 2 tsp sesame oil
- 3 cups snow peas, trimmed
- 1 tsp toasted sesame seeds

#### INSTRUCTIONS:

- ONE:** Prepare dressing: In a small bowl, combine maple syrup, vinegar and oil. Set aside.
- TWO:** Fill a large saucepan with water and bring to a boil. Drop peas into boiling water and cook until tender, about 1 to 2 minutes. Drain and transfer peas to a medium bowl. Drizzle with dressing, tossing to coat, and sprinkle with seeds. Serve at room temperature.

**Nutrients per 3-oz serving:** Calories: 73, Total Fat: 2 g, Sat. Fat: 0 g, Carbs: 10 g, Fiber: 3.5 g, Sugars: 6 g, Protein: 4 g, Sodium: 15 mg, Cholesterol: 0 mg