

Stir-fry Sugar Snap Peas

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These quick Asian style stir-frying sugar snap peas are made with simple and organic ingredients which offer a crisp and fresh taste to your palate. The added minced garlic creates a spicy flavor that will have your tastebuds craving more. Once you pair the peas with the toasted sesame oil and sprinkle with white sesame seeds, you just might forget that you have another portion of your meal ready and waiting to enjoy! This simple recipe is quite versatile and is easy and healthy that anyone can cook for themselves.

Total Preparation time: 15 mins

Servings: 2

Ingredients

Sugar Snap Peas.

Oil. Olive oil or your favorite neutral tasting oil.

Soy Sauce or oyster sauce as a substitute.

Garlic. Use fresh garlic and mince them up.

Sesame Oil.

White sesame Seeds.

Directions:

1. In a large skillet, sauté the garlic and ginger in oil for 1 minute over medium heat.
2. Add sugar snap peas and soy sauce and cook, stir occasionally, for about 5-7 minutes.
3. Turn off the heat, add the sesame oil, and keep on stirring for a minute or two.
4. Sprinkle with white sesame seeds and ready to serve.