

From the Kitchen of the

# Cent\$ible Nutrition Program

## Sesame Snap Peas

### Ingredients

- 2 cups sugar snap peas, trimmed and halved
- 1 red bell pepper, sliced in thin strips
- 1 carrot, sliced in thin strips
- 1 Tablespoon reduced sodium soy sauce
- 1 Tablespoon sesame oil
- 1 Tablespoon sesame seeds
- Black pepper to taste

### Directions

1. Wash hands in warm, soapy water.
2. Steam snap peas, red bell pepper, and carrots in the microwave or in a large pot over 1 inch of boiled water until crisp tender, about 4 minutes.
3. Drain vegetables and place in a medium-sized bowl. Add soy sauce, sesame oil, sesame seeds, and pepper. Toss to coat.
4. Serve at room temperature.

### Nutrition Facts

Serving Size 1/2 cup (108.82g)  
Servings Per Container 4

#### Amount Per Serving

Calories 100      Calories from Fat 50

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 1g      4%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 120mg      5%

Total Carbohydrate 10g      3%

Dietary Fiber 2g      10%

Sugars 4g

Protein 3g      6%

Vitamin A 60%      •      Vitamin C 50%

Calcium 8%      •      Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 4



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