

## Snap Peas with Garlic

- 2 tablespoons canola oil
- 3 cups sugar snap peas
- 3 garlic cloves, minced
- kosher salt & freshly ground black pepper

Heat a wok or large skillet over medium-high heat. Add oil and swirl around the pan. When oil is shimmering, add sugar snap peas. Stir frequently for 3-4 minutes or until peas are starting to soften but are still crisp-tender. Add garlic and stir constantly for one minute. Season well with salt & pepper and serve.

## Snap Pea, Parmesan & Bacon Salad

- 2 lbs. sugar snap peas
- Juice and zest of 4 lemons
- extra virgin olive oil (equal to amt. lemon)
- 1 (heaping) T Dijon mustard
- 1/2 cup finely grated parmesan, or more to taste
- 6 thick slices bacon, cooked crisp and crumbled

Bring a large pot of water to boil. Meanwhile, prepare a large bowl with ice water.

When water boils, add snap peas, cooking about 30-60 seconds. Place peas in ice water.

In another large bowl, whisk together lemon juice, zest and Dijon. While whisking, slowly stream in olive oil until dressing thickens slightly. Season liberally with salt and pepper.

Chop Peas in a large julienne on the bias. Add to dressing bowl with parmesan and toss. Top with crumbled bacon and extra black pepper to taste.

## Snap Pea, Basil, and Spinach Pasta

Coarse salt and ground pepper  
3/4 pound short pasta, such as gemelli  
3 garlic cloves, halved  
8 ounces snap peas, halved  
10 ounces baby spinach  
1/2 cup fresh basil leaves  
1/3 cup heavy cream  
3 ounces Parmesan, grated (3/4 cup)

In a large pot of boiling salted water, cook pasta and garlic 1 minute less than package instructions. Add snap peas and cook 30 seconds. Add spinach and basil and stir once to wilt. Reserve 1/2 cup pasta water, then drain.

Add cream to pot and heat over medium-high until bubbling. Return pasta mixture and 1/4 cup pasta water to pot and cook, stirring, 2 minutes. Stir in Parmesan. If necessary, add remaining pasta water to create a light sauce that coats pasta. Season with salt and pepper.

## Pickled Sugar Snap Peas

1 1/4 cups white distilled vinegar  
1 1/4 cups cold water  
1 tablespoon kosher or pickling salt  
1 tablespoon sugar  
1 pound sugar snap peas, stems trimmed  
4 garlic cloves, sliced  
dried red pepper flakes to taste

In a nonreactive saucepan, heat the vinegar with the salt and sugar until they are dissolved. Remove from the heat, and add the cold water which starts the cooling process faster.

When the vinegar mixture is cool, pack the sugar snaps, garlic and flakes into a 1-quart jar and pour the brine over it. Cover with a non-reactive cap

You will want to store the jar in the refrigerator for two weeks before eating the pickled peas, but it is likely that you will start eating them the next day, and the jar will be gone a few days later. They are that good.

## Roasted Sugar Snap Peas

- Sugar Snap Peas
- Olive oil
- Salt and Pepper to taste

Preheat oven to 450 degrees. Toss the peas in olive oil and salt and pepper. Spread evenly on a baking sheet making sure they are in a single layer. Bake in the oven for 10-15 minutes until lightly browned.

Enjoy!