



# HARVEST OF THE MONTH

## SEPTEMBER 2020

### RECIPE

#### Citrus Herb Sugar Snap Peas

Try this fantastic recipe as side dish with grilled chicken or fish.



Quantity	Ingredient
2 pounds	Trimmed Snow Peas
½ tsp.	Salt
¼ tsp.	Lemon juice and zest
1 ½ tsp.	Chopped Flat Leaf Parsley
1 tsp.	Chopped Fresh Thyme
1 ½ Tbsp.	Extra Virgin Olive Oil
1	Garlic clove, minced

#### Cooking Instructions

1. Wash Snow Peas and pat dry
2. In a large bowl, mix lemon zest, olive oil, salt, pepper and minced garlic.
3. Add Snow Peas to bowl. Mix gently to evenly coat.
4. Heat a skillet over medium high heat
5. Add snow peas to hot skillet
6. Sauté for 3 minutes. Remove from heat. Squeeze fresh lemon juice over peas. Serve hot or cold.

Yield: 8 servings

