



Sugar Snap Peas

Congratulations! . . . You have just received one of Spring's most delectable offerings. MISTER SPEAR sugar snap peas are crisp, tender pods encasing the sweetest, plump, round peas imaginable.

Sugar snap peas are actually a cross between the English pea and the snow pea. It was only as recent as 1979 that this hybrid was perfected. In fact, it won the coveted gold medal from All-American selections in the year of its release.

Unlike their distant cousins, MISTER SPEAR sugar snap peas require no shelling or stringing. These champion pods are delicious nibbled raw or just briefly cooked. Whether warm or chilled, they are best suited to light-tasting accompaniments - chive, lemon, ginger, shallot, pearl onion, nutmeg; herbs such as basil, dill, mint, tarragon, thyme; slivers of chicken, pork, lamb or seafood.

Whether in timeless, classic recipes or fresh creations of your own, we are sure you will delight in the gentle sweetness of MISTER SPEAR sugar snap peas.

Bon Appétit!

Quick Turkey Entrée

- 1 Tbsp. olive oil
- 1/2 pound turkey, sliced 3/8" thick
- 4 oz. MISTER SPEAR asparagus
- 4 oz. MISTER SPEAR sugar snap peas
- 1 ripe tomato, cut into large dice
- 1 tsp. fresh thyme, minced
- 3/4 cup chicken broth
- Salt and pepper to taste

Heat half the olive oil in a large skillet. Add turkey slices and sauté on both sides until lightly browned, about 2 minutes. Remove from skillet, cover and keep warm.

Heat remaining olive oil in the skillet and add the next 5 ingredients. Bring to a boil and simmer until vegetables are just barely tender, about 5 minutes. Season with salt and pepper.

Transfer warm turkey slices to warm dinner plates. Spoon vegetables and sauce over turkey and serve immediately.

Serves 4.

Pasta with Sugar Snap Peas and Mushrooms

- 1 cup MISTER SPEAR sugar snap peas, blanched
- 4 Tbsp. butter
- 1/2 cup mushrooms, sliced
- 1 tsp. salt
- 12 oz. fettuccine or linguine
- 2 Tbsp. heavy cream
- Salt and pepper to taste
- 1/4 cup grated Romano cheese
- 1 tsp. grated lemon zest
- 2 Tbsp. chopped fresh baby dill

Melt 1 tablespoon of the butter in a skillet over medium heat. Add the mushrooms and 1/2 teaspoon of salt and sauté until just barely cooked, 2 to 3 minutes.

Cook the pasta in boiling, salted water until just tender. Drain and transfer to a warm serving bowl.

Add the cream, remaining butter, salt and pepper to taste, cheese, lemon zest and 1 tablespoon of the dill. Turn until well coated and all the butter has melted.

Fold in the mushrooms and sugar snap peas. Garnish with the remaining dill and serve immediately.

Serves 4.

Easy Sugar Snap Peas Hors D'oeuvres

- 1 cup low fat sour cream or plain yogurt
- 1 tsp. Dijon mustard
- 2 tsp. fresh tarragon, finely minced
- 1 tsp. grated lemon zest
- 1 Tbsp. fresh chives, finely minced
- fresh lemon juice to taste
- fresh ground pepper to taste
- 1 1/4 pound MISTER SPEAR sugar snap peas

Blend all ingredients except sugar snap peas together. Adjust seasonings to taste, and chill for several hours.

Steam sugar snap peas until the raw bite disappears, but the peas are still crispy - about 3 minutes. Dip in a bowl of ice water to stop the cooking; drain and dry well. Chill until serving time. Serve with dip.



Important... Read Carefully Upon Receipt!

Inspect your sugar snap peas for any damage that may have occurred in transit. Our shipping container is specially designed to prevent this but anything is possible. Should there be a problem, notify MISTER SPEAR immediately by calling 1-800-677-7327.

REFRIGERATE IMMEDIATELY UPON RECEIPT. If possible, keep peas in their original shipping container or transfer to a perforated plastic bag in the vegetable crisper drawer of your refrigerator. As their name indicates, sugar snap peas are full of sugar which begins turning to starch the moment they are picked. MISTER SPEAR picks, packs and ships your sugar snap peas all in the same day, to ensure that you have the freshest produce within 24 hours of harvest. Your sugar snap peas will be at the height of their glory if stored properly in your refrigerator and consumed within 2 to 3 days.

MISTER SPEAR sugar snap peas are a stringless variety and need no special preparation before cooking or eating. They are generally left whole when cooking to keep the tender, round peas confined within their pod.

COOKING: Quick steaming, boiling, or sautéing will best preserve the crispness, sweetness and bright green color. Cook sugar snap peas only until they lose their raw bite; approximately 2 minutes boiling, 3 minutes steaming, or 4 minutes sautéing time. When sautéing, watch carefully to prevent overcooking and browning. If you are not serving them hot, always run cold water over them to arrest the cooking process, then drain well. Allow ¼ pound per serving size.

Nutrient Information

Sugar snap Peas are low in calories and contain no cholesterol. In addition, they are a healthy source of Vitamin C, Vitamin K and fiber.

Serving Size	1 cup
Calories	48
Protein	3.2 g
Carbohydrate	10.5 g
Sodium	1.1 g
Potassium	132 mg
Fiber	9 g
Folacin	33.3 g
Vitamin B612 mg
Vitamin C	15.5 mg
Vitamin A	678 IU
Vitamin E	2.8 mg
Pantothenic Acid65 mg
Niacin76 mg
Thiamin24 mg
Riboflavin12 mg
Calcium	56.6 mg
Magnesium19.3 mg
Iron56 mg
Zinc46 mg

Sugar Snap Peas with Tomatoes

- 4 slices bacon
- 1½ pounds MISTER SPEAR sugar snap peas
- 2 garlic cloves, peeled and chopped
- 1 yellow onion, peeled and sliced thin
- 1 pound ripe tomatoes, peeled, seeded and roughly chopped
- ¼ cup chopped parsley
- ½ tsp. green onion, diced
- 4 ½ Tbsp. red wine vinegar
- 1 Tbsp. fresh basil, chopped fine
- Salt and pepper to taste

Fry the bacon in a heavy skillet until crisp. Remove from skillet, blot dry and crumble.

Strain the bacon drippings and add about 2 tablespoons back to the skillet. Add the sugar snap peas and cook, stirring and tossing constantly, until the peas are tender crisp.

Reduce heat and add garlic and onion. Cook, stirring, for 1 minute. Add tomatoes, parsley, vinegar, basil, salt and pepper, and continue to cook, tossing occasionally, for about another 5 minutes, or until sauce is slightly reduced. Serve immediately, or cool and serve at room temperature. Garnish with crumbled bacon.

Serves 4.

Herbed Peas and Carrots

- 10 oz. MISTER SPEAR sugar snap peas
- 10 oz. carrots, peeled
- 2 Tbsp. butter
- 3 Tbsp. fresh basil, thyme, marjoram, dill, or a combination of the above
- Salt and pepper to taste
- Snipped fresh chives for garnish

Cut carrots into strips about ¼" wide and 3" long.

Bring a saucepan of lightly salted water to a boil. Add the sugar snap peas and blanch about 2 minutes. Remove the peas, refresh in cold water and drain. Add the carrots and blanch about 6 minutes. Remove the carrots, refresh in cold water and drain.

Combine the sugar snap peas, carrots and butter in a skillet. Toss over medium heat until the vegetables are glazed and heated through, 3 to 4 minutes. Add the fresh herbs and salt and pepper to taste. Serve immediately, garnished with chives.

Serves 4.

Sugar Snap Pea Potato Salad

- 1 small shallot, minced fine
 - ¼ cup white wine vinegar
 - 1 tsp. Dijon mustard
 - 1 Tbsp. fresh parsley, minced fine
 - Salt and pepper to taste
 - ½ cup extra virgin olive oil
 - ¾ pound cooked ham, cut into ½" cubes
 - 1 Tbsp. olive oil
 - 1½ pound small red potatoes, quartered lengthwise and cut into ½" pieces, steamed and cooled
 - ½ pound MISTER SPEAR sugar snap peas, lightly steamed and cooled
 - 1 head red leaf lettuce, torn in small pieces
 - ½ cup pecan halves, lightly toasted
- Whisk the shallot, vinegar, mustard, parsley, salt and pepper in a small bowl. Slowly whisk in ½ cup olive oil.
- Heat 1 Tbsp. olive oil in a skillet and sauté the ham until browned, about 5 minutes. Add 2 Tbsp. of vinaigrette then add this mixture to the potatoes and peas. Toss gently.
- Place lettuce leaves on plates. Arrange salad on top of lettuce, drizzle with vinaigrette and top with pecans.
- Serves 4.*