



SIMPLE SNAP PEAS

These are a great snack or side dish to eat just plain or with a little dip. They're yummy raw, but a quick sauté in olive oil changes their color into a vivid green and really enhances the flavor.

INGREDIENTS

- 2 tsp olive oil
- 2 tsp unsalted butter
- 1 lb. fresh sugar snap peas, stem ends and string removed from each pod
- 1 tsp coarse salt, plus extra to serve
- 1/2 tsp black cracked pepper
- 1/4 tsp garlic powder
- 1/8 tsp cayenne pepper, optional for some heat



INSTRUCTIONS

1. Heat oil and butter together in a large pan over medium-high heat. When butter has melted, add the snap peas, tossing them around in the pan to coat in the oil/butter mixture. Season with salt, pepper, garlic powder and cayenne (if using) and sauté for until the snap peas are crisp-tender, about 4-5 minutes
2. Transfer to a serving bowl; season with extra coarse salt and pepper to serve.

Note:

Feel free to add some of your favorites to kick it up a bit. Add some Sriracha or seasoning, toasted pine nuts, crushed garlic, a sprinkle of parmesan, sliced almonds. or mix in some other quick cooking veggies like mushrooms, thinly sliced colored bell peppers, or anything else you can think of.