



STIR FRIED SUGAR SNAP PEAS

Makes 2 servings.

These pods with their dazzling color and crisp texture are a good accompaniment to any dish.

INGREDIENTS

- ½ pound sugar snaps
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon low sodium soy sauce
- 1 tablespoon hot water
- Kosher salt

PREPARATION

1. Pinch off both ends of sugar snaps and pull off string running along the sides (if sugar snaps are very young, there may be no string). Rinse.
2. Heat the oil in a wok, add the sugar snaps, soy sauce and water. Stir, then cover and stir fry for about 3 minutes, stirring periodically. The sugar snaps should be soft and yet crispy to the bite.
3. Season to taste with salt.