Asian Snow Peas

This Asian-inspired recipe is easy and ready in minutes. Look for fresh snow peas in the produce department of your local grocery store.

1 teaspoon sesame oil
1/2 lb. fresh or frozen snow pea pods, ends trimmed
1/2 cup carrots, sliced diagonally
1/4 cup canned water chestnuts, sliced, no-salt added
1/2 cup low-sodium chicken broth
1 teaspoon low-sodium soy sauce
1 teaspoon cornstarch

1. Add oil to a non-stick skillet and heat on medium-high. Add snow peas and carrots. Saute 2 minutes.
2. Add water chestnuts and broth. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender.
3. Combine soy sauce and cornstarch; stir until cornstarch dissolves. Add to vegetable mixture.
4. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

Makes 4 servings.

Preparation time: 15 minutes

Per serving:

Calories: 60kcal
Fat: 2g
Sodium: 75mg
Carbohydrates: 9g
Fiber: 2g
Protein: 3g

Source: Fruits and Veggie More Matters ®