



Local snow peas

Availability:
july to september
*but all year-round when
frozen

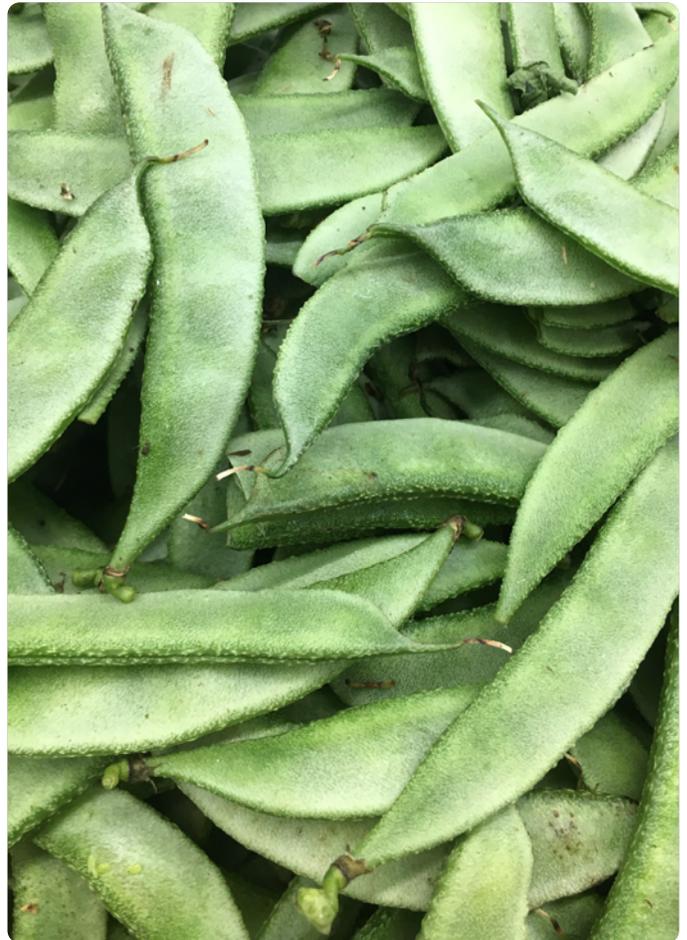
Benefits

→ A legume in disguise!

No, the snow pea is not a vegetable - it's actually an immature legume. Crunchy and sweet, snow peas are picked when their seeds are barely formed, before the pod becomes too tough!

→ Did you know?

Snow peas are also called "mange tout" (the French word for "eat all") because you can eat the entire pod whole, either raw or cooked. Avoid overcooking when steaming or boiling them to preserve their crunch and nutrients.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Asian-style snow peas



PORTIONS : 4

15 MIN

Ingredients

- 500 ml (2 cups) snow peas, julienned
- 500 ml (2 cups) yellow peppers, julienned
- 2 carrots, julienned
- 2 green onions, chopped
- 15 ml (1 tbsp) rice vinegar
- 5 ml (1 tsp) sugar
- 15 ml (1 tbsp) low-sodium soy sauce
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) sesame oil
- Sesame seeds to taste

Directions

- 1 Place the first 4 ingredients in a salad bowl.
- 2 In a small bowl, whisk together the remaining ingredients. Pour over the vegetables and toss.
- 3 Garnish with the sesame seeds.

Source : Julie Strecko, RD

Couscous with snow peas



PORTIONS : 3 TO 4

10 MIN 10 MIN

Ingredients

- 250 ml (1 cup) couscous
- 250 ml (1 cup) snow peas, sliced diagonally
- 30 ml (2 tbsp) red onion, finely chopped
- 15 to 30 ml (1 to 2 tbsp) fresh mint, finely chopped
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 15 ml (1 tbsp) fresh ginger, grated
- 15 ml (1 tbsp) olive oil
- 250 ml (1 cup) chick peas (optional)
- 375 ml (1 ½ cup) boiling water
- Salt and pepper to taste

Directions

- 1 Place all the ingredients in a bowl and pour the boiling water over them. Cover and let cook 5 to 10 min.
- 2 Mix to combine. Adjust the seasoning. Can be served cold or warm.

Variation

- Replace the chick peas with another type of legume, fish or cooked chicken.
- Top a tortilla with a little tzatziki, lettuce and the couscous mixture, roll and serve (suggestion from Simon, aged 8).

Source : Julie Strecko, RD

Tip!

- Greener than green! Vegetables tend to lose their colour during cooking. To maintain their vibrant colour, avoid overcooking and immerse them in ice water right out of the pot. This will preserve the chlorophyll responsible for their green colour.

