



Sugar Snap Pea Medley

5 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 Tablespoons olive oil
- 2 Tablespoons soy sauce
- 1 Tablespoon rice vinegar
- ½ teaspoon garlic powder
- ½ teaspoon ginger, ground
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 cups sugar snap peas
- 1 ½ cups carrots, shredded
- 1 cucumber
- ½ bunch cilantro

DIRECTIONS

1. In a small bowl, combine oil, soy sauce, vinegar, garlic powder, ginger, salt, and pepper. Mix to combine.
2. In a large bowl, combine sugar snap peas and carrots
3. Cut the cucumber into half moons and add to the bowl.
4. Chop the cilantro and add to the bowl. Mix ingredients.
5. Add the dressing and mix until vegetables are evenly coated.

Nutrition Facts

servings per container	
Serving size	(159g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 94mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services



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