

Italian Roasted Snap Peas

This dish celebrates the flavor and crunch of snap peas with a tasty Italian zest.

Makes: 4 servings
 Prep Time: 5 minutes
 Cook Time: 25 minutes

Source: EatingWell.com

Ingredients

- 1 large leek, white part only, halved lengthwise and washed
- 1 pound sugar snap peas, trimmed
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon salt
- 1 cup cherry or grape tomatoes, halved
- 1 teaspoon dried oregano

Directions

1. Preheat oven to 425 degrees F.
2. Cut leek halves into 2-inch lengths and then very thinly slice each piece lengthwise, yielding 2-inch-long strips. Toss the leek strips, peas, oil and salt in a medium bowl. Spread evenly on a baking sheet.
3. Roast for 15 minutes. Stir in tomatoes. Return to the oven and roast until the vegetables begin to brown, about 10 minutes more. Toss with oregano and serve.

Utensils Needed

- Medium-sized bowl
- Baking sheet
- Knife
- Cutting board
- Measuring spoons



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	90
Total Fat:	2.7 g
Saturated Fat:	0.4 g
Cholesterol:	0 mg
Sodium:	320 mg
Total Carbohydrates:	13.5 g
Dietary Fiber:	4 g
Total Sugars:	6.4 g
Added Sugars:	0 g
Protein	3.9 g

SHOPPING LIST

Average total cost without oil and seasonings: \$10.94

Average cost/serving: \$2.74

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Leeks, 1 bunch



Add 1 to Cart
Grape Tomatoes, 1 pint



Add 1 to Cart
Sugar Snap Peas, 1 lb

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Line your baking sheet with tin foil to save time when cleaning up.
- Pre-chop Leeks, Sugar Snap Peas, and Cherry Tomatoes for a smoother cooking process.

Produce Tips

- Select firm, crisp stalks with as much white and light green as possible. (The dark green portion is not edible.) Avoid leeks with yellow or withered tops.
- Fresh leeks are generally available year round. Frozen leeks might be a good option for some recipes and are easy to keep on hand.
- Leeks are best used soon after harvest. Refrigerate in a plastic bag for up to two weeks. Wash just before use. Leeks need to be washed well because soil is pulled up around the stem as they grow.