



WellBeingMD's Mindful Kitchen

Sesame Roasted Snap Peas

Adapted from thekitchen.com Serves 4



Sugar snap peas are a springtime favorite. Enjoy this quick and tasty method to serve them as an appetizer or as a side.

Ingredients:

1 pound sugar snap peas , trimmed	1/4 teaspoon sea salt
2-3 teaspoons toasted sesame oil to evenly coat snap peas	1/2 teaspoon black sesame seeds

Directions:

1. Preheat oven to 475° F
2. Toss snap peas, sesame oil, and salt in a bowl. Spread in a single layer on a baking sheet.
3. Place in the oven and roast, turning halfway through, until snap peas are tender and lightly browned, about 10-15 minutes.
4. Toss with sesame seeds and serve.



Nutrition: The sugar snap pea is a **hybrid of green peas and snow peas**. It is a relatively new food, having been developed in 1979 to meet consumers' demand for edible-pod peas that are sweeter and larger than snow peas. Because the pods of green peas are difficult to chew, sugar snap pea pods were bred with their **fibers going in one direction**, making them easier to chew. Sugar snap peas are **high in vitamins and a reliable source of fiber**, adding nutrition, color and texture to your meals.

Snap peas feature comparatively fewer calories than that of green shelling peas and hold more vitamins, minerals and other plant nutrients than the traditional shelling peas. Since sugar peas are consumed as a whole, they provide relatively **higher dietary fiber**. Fresh pods carry 150% more amounts of **vitamin-C** than in garden peas. Fresh sugar pea pods are also an excellent source of **folic acid**. Foliates are one of the B-complex groups of vitamins, required for cellular DNA synthesis. Like in shelling peas, sugar snap pods are also rich in phytosterols, especially β -sitosterol. Studies suggest that vegetables rich in plant sterols like legumes, fruits, and cereals help lower cholesterol levels in the body. Sugar pea pods have more **vitamin-K** than shelled peas. Vitamin-K has been found to have a potential role in bone mass building function and it has also an established role in Alzheimer's disease patients by limiting neuronal damage in their brain. Fresh green peas also contain adequate amounts of antioxidant **flavonoids** such as **carotenes, lutein, and zeaxanthin as well as vitamin-A**. Vitamin A is an essential nutrient, which is required for maintaining healthy mucus membranes, skin and is also critical for healthy eyesight. Consumption of natural foods rich in flavonoids helps to protect from lung and oral cavity cancers. In addition to folates, snap peas are also good in many other **essential B-complex vitamins** such as pantothenic acid, niacin, thiamin, and pyridoxine. Furthermore, they are a rich source of many minerals such as **calcium, iron, copper, zinc, selenium, and manganese**.

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Home of "The Mindful Kitchen"

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