



TASTE OF THE SEASON...

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Pork Stir Fry with Pea Pods Yield – 30 -3/4 cup servings

1 cup cornstarch	2 quarts chicken broth
½ cup water	½ cup vegetable oil
½ cup soy sauce	11 lb pork roast
½ teaspoon ground ginger	1 cup vegetable oil
3 tablespoon granulated garlic	1 lb raw pea pods
2 teaspoon black pepper	

1. Dissolve cornstarch in water and soy sauce. Add ginger, garlic and pepper.
2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
3. Cook for 3-5 minutes, until thickened. Remove from heat.
4. Prepare pork. Saute pork cubes in oil for 3-5 minutes, until no signs of pink remain. Add sauce and mix to coat pork.

Heat to 165 degrees F. or higher for at least 15 seconds.
Hold for hot service at 135 degrees F. or higher.

Nutrition Facts
Serving Size 1 cup, whole 63g (63 g)

Amount Per Serving	
Calories 26	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 2g	
Vitamin A 14%	Vitamin C 63%
Calcium 3%	Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Storage Tips:

- ✓ Snap peas have a very short shelf life, so use them right away.



Snap Pea Selection-

Look for peas that are firm, crisp, with a bright green color and a fresh appearance. Fresh peas will feel almost velvet-like when you handle them.

DID YOU KNOW?? Some societies frown on diners who push peas onto their fork with a knife – etiquette suggests using only a fork.



Snap Pea Facts:

- Only 5% of all peas grown today are sold fresh.
- All varieties of peas are low in calories and fat and contain no cholesterol. They are a good source of vitamin C and protein.
- Snap peas are a group of edible-podded peas.
- Peas are one of the world's oldest crops.
- For centuries, peas enjoyed a popularity that rivaled today's sliced bread.

- Snap peas may be used in a salad, omelet, soup, stew or stir-fry. By themselves, they can be eaten as a substitute for French fries.
- Add snap peas to your vegetable tray and dip with your favorite veggie dip.



Eating '5 to 9 a Day' can be a simple lifestyle change with big benefits to your health.

