

Snow Peas with Tomatoes

Servings: 4

Serving Size: about 1 cup

Ingredients:

3 cups (8 oz.) snow peas, trimmed
 ¼ cup water
 ¾ cup (½ pint) cherry tomatoes
 2 Tablespoons olive oil
 pinch of salt

Directions:

1. Add washed and trimmed snow peas and water to a hot skillet on medium heat, cover and steam for 2 minutes.
2. Add washed cherry tomatoes. Stir for another minute.
3. Drain off any extra liquid, then add 2 tablespoons olive oil and sauté for another 2 minutes.
4. Sprinkle with a pinch of salt.

Nutrition Facts	
Serving Size about 1 cup Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 6%	• Vitamin C 30%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	