

Sugar Snap Peas with Miso Sauce

Yield: 4 servings

Ingredients

2 ¼ cups sugar snap peas,
trimmed
2 teaspoons water
1 teaspoon canola oil
2 green onions, green and white
parts, thin slices
1 tablespoon ginger, peeled and
minced
3 tablespoons orange juice
⅓ cup vegetable broth, low
sodium
2 teaspoons rice vinegar
1 ½ tablespoons white miso
paste
½ teaspoon toasted sesame oil

Instructions

1. Place the sugar snap peas in a microwave-safe bowl with the water. Cover tightly and microwave on high for 2 minutes. Carefully remove the cover, drain the snap peas in a colander, shaking off any excess water and set aside.
2. While the peas are cooking, heat the canola oil in a medium saucepan over medium-high heat. Add the scallions and ginger and cook, stirring for 2 minutes. Add the orange juice, broth, and vinegar and cook for 5 minutes.
3. Turn the heat to low and stir in the miso paste and sesame oil. Stir until the miso paste is dissolved, about 1 minute. Pour the sauce over the snap peas, toss to coat, and serve.

Nutrition Information

Serving Size: ¼ of recipe

Calories: 72
Total Fat: 1.9 g
Saturated Fat: 0.2 g
Monounsaturated Fat: 1.7 g
Sodium: 189 mg
Total Carbohydrate: 10.4 g
Dietary Fiber: 2.2 g
Sugar: 5.0 g
Protein: 2.3 g

Ellie Krieger. The Food You Crave: Luscious Recipes for a Healthy Life.



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