



# SUGAR PEAS (SNOW PEAS)

## HOW TO COOK

Rinse thoroughly with cold water. Remove stems and strings; leave whole. In a kettle bring ½ inch of water and 1 tsp salt to a boil. Add about 1 quart of snow peas. Return to boil and steam for 2 to 3 minutes. Serve with browned butter or milk.

## HOW TO FREEZE

Wash; remove stems and strings. Leave whole. Blanch 1 to 1½ minutes. Cool immediately in cold water, package and freeze.



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