

## Sugar Snap Peas with Lemon, Garlic and Basil

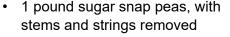
- 2 tablespoons olive oil
- Lemon zest from one lemon
- 1 medium clove of garlic, minced
- 1 tablespoon lemon juice
- 6 fresh basil leaves, chopped fine

4 servings

See instructions on reverse.











Source: seasonalandsimple.info

Seasonal and Simple

A program of University

of Missouri Extension

## Sugar Snap Peas with Lemon, Garlic and Basil, continued

## Instructions:

- 1. Bring 6 cups of water to a boil. Add peas and cook until crisp and tender, about 2 minutes.
- 2. Drain peas, put in ice water for 30 seconds, drain again and pat dry.
- In medium sauté pan over medium heat, heat oil. Add lemon zest and garlic. Sauté until garlic is soft but not browned, about 2 minutes.
- 4. Add peas, lemon juice and basil. Toss to combine and cook until just heated through, about 1 to 2 minutes.

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

