

Sugar Snap Peas

SUGAR SNAP PEA SALAD

Makes approximately 6 servings

INGREDIENTS

Dressing:

- 3 tablespoons soy sauce
- 1 1/2 tablespoons water
- 1 1/2 tablespoons vinegar
- 3 tablespoons sugar
- 3 cups sugar snap peas
- 1 1/2 teaspoon sesame seeds

SUPPLIES

- large bowl
- mixing bowl
- spoon
- measuring spoons
- measuring cup

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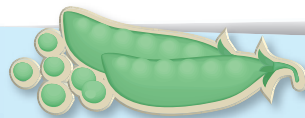
NOTE TO GROWN-UPS

It is best to make this salad about an hour before serving to give the flavors a chance to meld.

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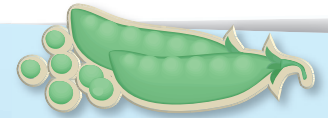
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DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Work with your child to wash and de-string the pea pods, if necessary. To do this pull downward on the blossom end, along the inside edge of the peapod. Place pea pods in the large bowl and set aside to dry.
3. Meanwhile, measure and pour the soy sauce, water and vinegar into the mixing bowl.
4. Add the sugar and stir until the sugar dissolves.
5. Pour the dressing over the pea pods and stir until they are evenly coated with dressing.
6. Place in the refrigerator for at least 1 hour.
7. Just before serving stir the salad again and sprinkle with sesame seeds.
8. Eat and enjoy with a meal or for a snack!

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