



Veggies Made Easy

Snap Pea Recipes
April 2019



Snap Pea and Orange Salad with Grilled Salmon

Ingredients

- ½ teaspoon orange zest
- ⅓ cup orange juice
- ¼ cup olive oil
- 4 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 fresh garlic cloves, minced
- ¾ teaspoon salt
- ¾ teaspoon pepper
- ¼ teaspoon hot pepper flakes
- 4 (5 ounce) salmon fillets, patted dry with paper towel
- 1 (8 ounces) package Mann's Sugar Snap Peas
- 2 oranges, peeled and sliced crosswise
- 6 radishes, thinly sliced
- ½ small red onion, thinly sliced

The Method

Whisk together orange zest, orange juice, olive oil, Dijon mustard, honey, garlic, salt, pepper and hot pepper flakes. Reserve half of the dressing; set aside. In resealable plastic bag, combine remaining dressing with salmon; refrigerate for at least 10 minutes or up to 1 hour.

In pot of boiling salted water, blanch snap peas for 1 to 2 minutes or until tender-crisp. Refresh under cold running water; drain and pat dry with paper towel. Toss Mann's Stringless Sugar Snap Peas with reserved dressing, then stir in oranges, radishes and red onion.

Meanwhile preheat grill to medium-high heat; grease grate well. Grill salmon for 4 to 6 minutes per side or until fish just starts to flake. Divide salad among 4 plates; top with salmon.

Tip: Add 1 ripe avocado (peeled, pitted, and sliced) and chopped toasted walnuts, if desired.



Caramelized Onion Dip

Ingredients

- 2 tablespoons butter
- 3 yellow onions, halved, peeled and cut into ¼-inch slices
- 1 cup sour cream
- 1 (8 ounce) package cream cheese
- 1 tablespoon finely chopped flat-leaf parsley
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 1 teaspoon smoked paprika
- 1 (8 ounce) bag Mann's Sugar Snap Peas

The Method

Melt butter in a large skillet on medium-high. Add sliced onions, reduce heat slightly and cook, stirring occasionally, about 25 minutes. Onions should gradually turn golden brown – if they start to brown too quickly, turn down the heat. Once they become golden brown, add several tablespoons of water to the pan and scrape the bottom to release the caramelization. Season onions with salt and pepper. Remove pan from heat and allow onions to cool about 10 minutes.

In a food processor, add cooled onions and remainder of ingredients, except Mann's Stringless Sugar Snap Peas. Process until smooth, scraping the sides of the bowl as necessary.

Serve dip with Mann's Stringless Sugar Snap Peas.



Sugar Snap Peas Au Gratin

Ingredients

- 1 tablespoon butter or margarine
- 1 ½ tablespoons flour
- ½ cup milk
- ½ teaspoon onion powder
- ½ teaspoon celery seed, ground
- 1 (15 ounce) Mann's Stringless Sugar Snap Peas
- 3 tablespoons Parmesan cheese, grated
- 1 teaspoon paprika

The Method

Set oven to broil. In a small pan, melt margarine or butter. Stir in flour; blend. Remove pan from heat and stir in milk, onion powder and ground celery seed. When well mixed, return to heat and cook, stirring constantly, until thickened.

Divide and arrange Mann's Stringless Sugar Snap Peas in bottoms of two individual baking dishes. Divide and pour sauce over the tops of the peas. Sprinkle with grated Parmesan and paprika. Put 6" under broiler and broil for 4 minutes or until sauce is bubbly and top is browned.

Allow to cool before serving.



Scallop Fettuccine and Sugar Snap Peas

Ingredients

- 8 ounces Fettuccine noodles
- 1 (8 ounce) bag Mann's Stringless Sugar Snap Peas
- 1 carrot, thinly sliced (into matchstick sized pieces)
- 1 pound sea scallops
- 1 teaspoon olive oil
- 1 tablespoon butter or margarine
- 1 shallot, finely chopped
- ½ cup chicken broth
- ½ dry white wine
- ½ cup sour cream
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

The Method

Cook pasta according to package instructions, adding Mann's Stringless Sugar Snap Peas and carrots to water during last 3 minutes of cooking. Drain and set aside in large bowl.

Pat dry scallops and season with salt. In large nonstick skillet, heat oil over medium-high heat until hot. Add scallops and cook until golden brown, about 2 minutes, turning once. Remove scallops to plate and set aside.

In same skillet, heat butter over medium-high heat. Cook and stir shallot 1 minute. Add broth and wine. Bring to a boil and then cook uncovered for 5 minutes. Stir in sour cream, salt and pepper then whisk until smooth.

Add scallops and any liquid from the plate and cook until just heated through. Pour sauce and scallops over pasta and vegetables. Toss until most of sauce is absorbed.



Grilled Chicken Salad with Sugar Snap Peas

Ingredients

- 4 chicken breasts, boneless, skinless, halves
- 1 ½ cups roasted red pepper Italian dressing, divided
- 8 cups fresh salad mix
- 1 (8 ounce) bag Mann's Stringless Sugar Snap Peas
- 1 red bell pepper, sliced
- 1 (11 ounce) can mandarin oranges, drained
- 1 cucumber, sliced
- ¼ cup grated parmesan cheese
- ¼ cup cashew pieces

The Method

Place chicken breasts in an 8"x8"x2" baking dish. Pour 1 cup Roasted Red Pepper Italian Dressing over chicken and turn chicken to coat. Cover with plastic wrap and refrigerate at least 30 minutes.

Arrange salad mix on 4 plates. Top with Mann's Stringless Sugar Snap Peas, bell pepper, mandarin orange slices and cucumbers. Cover with plastic wrap and refrigerate until serving time.

Preheat grill to medium-heat. Remove chicken from marinade and discard of the marinade. Make drainage holes in a sheet of aluminum foil with a grilling fork.

Place foil sheet on grill grate with non-stick (dull) side facing up. Immediately place chicken on foil.

Grill 5-6 minutes per side or until tender. Cut grilled chicken into strips. Place hot grilled strips over salads.

Sprinkle with shredded parmesan cheese and cashews.

Drizzle with remaining Italian dressing.