
Waukesha County
UW Extension

Farmers Market Fresh

Asian Snow Peas

Ingredients:

Serves 4

- 1 tsp sesame oil
- 1/2 lb snow pea pods
- 1/2 cup carrots, sliced
- 1/4 cup water chestnuts (canned low-sodium)
- 1/2 cup chicken broth, low-sodium
- 1 tsp soy sauce, low-sodium
- 1 tsp cornstarch



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
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Directions:

1. Add oil to nonstick skillet and heat on medium-heat.
2. Add snow peas and carrots. Sauté for 2 minutes.
3. Add sliced water chestnuts and broth. Bring to a boil. Cover, reduce heat and simmer for approximately 5 minutes (or until vegetable are crisp-tender).
4. In separate bowl, combine soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture.
5. Cook over medium heat, stirring constantly, until sauce thickens.
6. Serve immediately.

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