



Sugar Snap Peas with Sweet-and-Sour Sauce

Serves 4

In just a couple of minutes, you can enjoy a colorful and tasty side dish that is perfect to serve with grilled flank steak or stir-fried chicken tenders.

8 ounces sugar snap peas, trimmed (about 2 cups)
3 tablespoons water
1/4 cup apricot all-fruit spread
3 tablespoons fresh orange juice
1 tablespoon cider vinegar
1/2 teaspoon cornstarch
1 teaspoon sesame seeds (optional)

In a medium microwaveable bowl, combine the peas and water.

In a small microwaveable bowl, whisk together the remaining ingredients except the sesame seeds until the cornstarch is dissolved.

Microwave the peas and the sauce, both covered, on 100 percent power (high) for 1 1/2 minutes, or until the peas are cooked and the sauce is warmed through and thickened. Drain the peas.

Spoon the peas into small bowls. Drizzle each serving with 2 tablespoons sauce. Sprinkle with the sesame seeds.

Nutritional Analysis

Serving Size: 1/2 cup peas and 2 tablespoons sauce

Calories	72
Fat	0g
Saturated Fat	0g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg
Sodium	1mg
Carbohydrates	17g
Dietary Fiber	2g
Sugars	11g
Protein	2g

Dietary Exchanges: 1 vegetable, 1/2 other carbohydrate