Sugar Snap Peas

School Breakfast

Studies show that students who eat breakfast do better in school. No time for breakfast at home? Your child can get a healthy breakfast at school. Celebrate National School Breakfast Week and eat breakfast with your child at school! #NSBW20

Challenge Yourself!

Hy-Vee KidsFit is a free online program that makes healthy choices easy and fun! Learn new movements, make easy recipes, and participate in monthly challenges through the Hy-Vee KidsFit™ Club. You can even earn prizes for your healthy choices! Learn more and sign up at https://hy-veekidsfit.com.

Fuel your fun

Eat fruits and veggies.

Sugar Snap Pea Stir Fry

Ingredients

- 2 tbsp. sesame oil
- 1 lb. sugar snap peas
- 1 tsp. minced garlic
- 2 green onions, chopped
- 1 tbsp. tamari or soy sauce
- 1 tbsp. apple cider vinegar
- 1 tsp. chili oil
- sesame seeds (optional)

Directions

1. Heat sesame oil on medium heat.
2. Add sugar snap peas to hot oil. Cook for 5-7 minutes.
3. Add garlic, onions, tamari or soy sauce, and vinegar. Cook for another 1-2 minutes. Be careful not to burn the sauce; tamari and soy sauce burn quickly.
4. Remove from heat and stir in chili oil. Sprinkle with sesame seeds. Enjoy!

Recipe from Nathan Spalding.

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