

Sugar Snap Peas

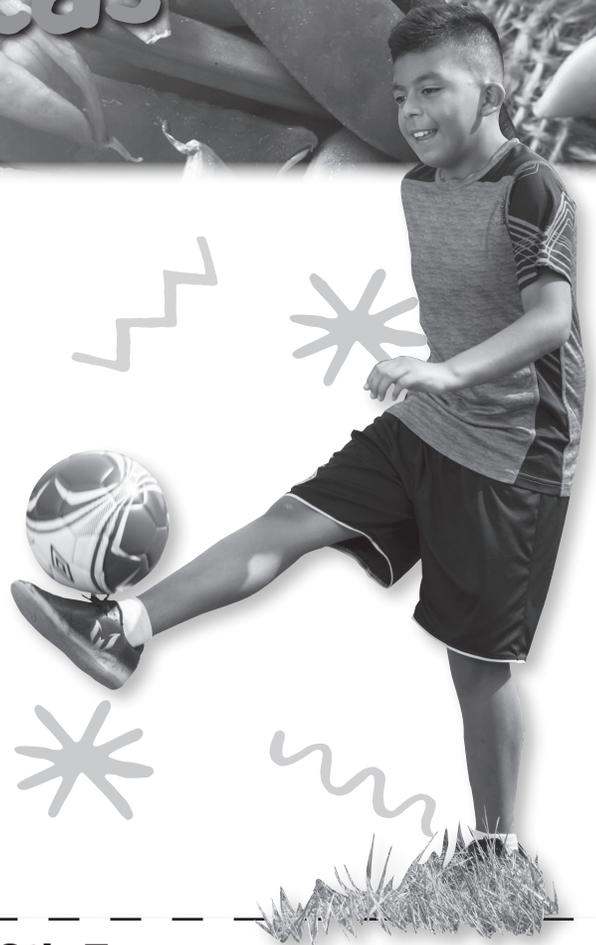
School Breakfast

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



**Fuel
your
fun**

Eat fruits
and veggies.



Challenge Yourself!

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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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Pick a better snack™

