

Sugar Snap Peas with Orange Ginger Dressing

My youngest daughter thinks of sugar snap peas as candy from the farm. She eats them straight out of the bag, usually before we even get them home. Something this delicious requires no recipe at all, but just in case, here's a preparation as sweet and simple as sugar snap peas themselves.

4 cups sugar snap peas, strings removed
2 tablespoons extra virgin olive oil
1 teaspoon grated fresh ginger
3 tablespoons freshly squeezed orange juice
1 tablespoon maple syrup
1 tablespoon chopped fresh mint leaves
3 scallions, chopped
Pinch of coarse sea salt

Place sugar snap peas in a bowl and bring kettle of water to boil. Pour boiling water over peas, soak 10 seconds or until peas are bright green, then drain into colander. Rinse under cold water, drain well and pat dry.

Return to bowl and set aside. In small pan over medium heat, sauté ginger in olive oil for 1 minute.

Add orange juice and maple syrup and sauté 1 minute longer. Remove from heat and stir in mint and scallions.

Pour mixture over sugar snap peas and toss to combine. Sprinkle with coarse sea salt and serve.

SERVES 4

Recipe by Terry Walters

