



SUGAR SNAP PEAS WITH SESAME SEEDS

Ingredients:

- 1 Tbsp sesame seeds
- 1 Tbsp sesame oil
- 2 Cups Puget Sound Fresh sugar snap peas
- Freshly ground black pepper to taste.

Toast sesame seeds in a dry skillet. Set aside.

Put oil in skillet, add peas, and sauté over medium heat until tender, about 3 minutes.

Stir in sesame seeds and season with black pepper.

Serve at once.

From: Terry's Berries Organic CSA and Farm, Tacoma, WA

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.