



The Edible Garden

Recipe featured at *Cooking for Kids* demonstration, July 6

Sugar Snap Peas in Sesame Dressing

By: Colombe Jacobsen, Growing Chefs

Makes from 4-6 servings

Ingredients

1-1 ½ pounds of sugar snap peas, trimmed
2 tablespoons brown rice vinegar
1 tablespoon shoyu
1 tablespoon toasted sesame oil
1 tablespoon Agave nectar
1 teaspoon sea salt, ½ for the water, ½ for the dressing
½ teaspoon ground black pepper
1 tablespoon sesame seeds, toasted

Instructions

- Pour sesame seeds into a heavy-bottomed pan. Toast, over medium heat, for about 5 minutes. The seeds should be slightly golden brown. Stir occasionally to prevent them from sticking.
- Meanwhile, add trimmed sugar snap peas to large saucepan of boiling, salted water and remove after 30 seconds.
- Drain, rinse under cold water, and drain again. Transfer to a large bowl.
- Whisk vinegar, shoyu, sesame seeds, sesame oil, brown sugar or Agave, sea salt, and pepper in a small bowl to blend.
- Pour dressing over peas in large bowl and toss to coat. (Peas and dressing can be prepared 2 hours ahead. Let stand separately at room temperature.)
- Season to taste with more salt and pepper.
- Serve at room temperature.

For tips and more ideas, go to Colombe's website: <http://www.colombedujour.com>