



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER



### Sautéed Sugar Snap Peas

Serves: 2-3 Serving Size: ¼ cup

#### Ingredients:

- ½ lb or 8oz bag sugar snap peas, ends removed
- 1 Tbsp olive oil
- Salt to taste
- Ground black pepper to taste

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#### Steps:

1. Grab a medium size skillet and turn on the stove to medium-high heat.
2. Add olive oil and swirl the pan to evenly coat the bottom of the pan.
3. Immediately after the olive oil starts to smoke add the sugar snap peas.
4. Season with salt and pepper to taste.
5. Toss the sugar snap peas every 1 minute or so to allow browning and promote even cooking.
6. Cook for 5-7 minutes depending on how soft you want the texture to be.

#### Nutrition Facts (per serving):

Calories: 46, Protein: 0g, Fat: 6g, Saturated Fat: 2g, Carbohydrates: 1g, Sugars: 0g, Sodium: 156mg

Photo source: [www.expressnews.com](http://www.expressnews.com)

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