



Snap Pea and Mint Pasta

From *Get Your Family Eating Right*, by Lynn Fredericks and Mercedes Sanchez, MS, RD

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Makes 4 servings

- $\frac{3}{4}$ pound snap peas
- $\frac{1}{2}$ tablespoon salt
- $\frac{1}{2}$ pound farfalle (bow tie) pasta
- $\frac{1}{2}$ bunch fresh mint
- 2 tablespoons olive oil
- Salt and pepper
- 1 ounce Parmesan or other hard cheese, grated



Directions

Note: Children should use plastic or table knives for all child steps that require cutting or chopping.

Adult & Child: Remove the strip of membrane on the side of the snap peas.

Adult: Bring 3 quarts of water to boil over high heat in a large saucepan and add the $\frac{1}{2}$ tablespoon of salt. Add the peas and boil for 2 minutes. Use a sieve or slotted spoon to remove the peas, reserving the water, and plunge them into a bowl of ice water to stop the cooking process.

Adult: Bring the reserved water back to a boil. Add the pasta and cook about 8 minutes, or until just cooked through but not mushy.

Adult & Child: Meanwhile, separate the mint leaves from the stems. Chop the leaves. Place in a serving bowl.

Adult: Drain the snap peas and add to the serving bowl.

Adult: Drain the cooked pasta and add to the serving bowl.

Adult & Child: Measure the olive oil. Pour it over the veggies and pasta; mix well. Season with salt and pepper. Place in bowls and grate cheese over each bowl.

**For more healthy recipes,
please visit Your Healthy
Kitchen via
www.yrmchealthconnect.org**

NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	350
Fat	11 g
Saturated Fat	2 g
Sodium	400 mg
Carbohydrate	51 g
Fiber	8 g
Protein	12 g

Also a good source of calcium,
Vitamin C and iron

Cost per serving: \$1.35