

OVEN ROASTED SUGAR SNAP PEAS

Shallots and olive oil bring out the delicious flavor of fresh sugar snap peas!

by Corporate Chef Kurt Kwaitkowski

Featured Food: Sugar Snap Peas

Yield: Makes 4 servings

Ingredients

8 oz. sugar snap peas 1 ½ t. olive oil
4 oz. shiitake mushrooms 1 T. minced fresh thyme
½ c. grape tomatoes Salt and pepper to taste
3 T. diced shallot

Preparation

Preheat oven to 375°F.

Wash and string sugar snap peas. Brush or wipe clean shiitake mushrooms, discard stems, and slice into ½-inch thick strips. Wash grape tomatoes and cut in half.

Toss sugar snap peas and shallot in olive oil. Spread in single layer on sheet tray. Place in oven for 6 minutes.

Remove sheet tray from oven; add mushrooms, toss and place back in oven for 5 minutes.

Remove sheet tray from oven; add tomatoes, toss and place back in oven for 2 minutes.

Remove sheet tray from oven; toss roasted vegetables with thyme, salt and pepper. Serve immediately.