

STIR-FRIED PEAS AND PEPPERS



Yield: 4-6 servings

Source: thymeforcooking.com

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 8oz bag of sugar snap peas
- 2 red bell peppers, cut into strips
- 3 green onions, thinly sliced
- 2 stalks of celery, thinly sliced
- 1 bag of mung bean sprouts
- 1 lime, cut in half
- 1 Tablespoon oil
- 1 Tablespoon soy sauce
- Rice, cooked according to package directions

INSTRUCTIONS:

1. Heat oil in a nonstick skillet over medium-high heat.
2. Add red pepper, green onion, and celery and stir-fry about 6-8 minutes.
3. Add peas and mung bean sprouts and stir-fry another 2-3 minutes.
4. Add soy sauce and stir-fry another minute.
5. Vegetables should be crisp-tender.
6. Turn off the heat. Add juice from a half of the lime and stir.
7. Serve over rice. Eat and enjoy!

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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