



# Pea Shoot Stir-fry

Makes 4 servings

## Ingredients

- 1 tablespoon organic cold pressed canola oil
- 3 cloves garlic, minced
- ¼ teaspoon ground ginger
- 1 pound pea shoots
- ½ teaspoon honey

## Directions

1. In a medium skillet, heat oil over medium-high heat. Add garlic, stirring, until lightly browned. Add ginger. Stir.
2. Turn up heat to high. Add pea shoots by handfuls and saute for 2 to 3 minutes, turning using tongs.
3. Remove from heat. Add honey and lightly toss. Enjoy warm.



SIDE DISH



## TIP

Have extra pea shoots? They can also be enjoyed raw in salads or used as a garnish.

♥ = heart smart    = low sodium    = gluten free

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## Nutrition Facts

Serving Size 1/4 of pea shoots (120g)  
Servings Per Container 4

Amount Per Serving

**Calories 90**    **Calories from Fat 30**

**% Daily Value\***

**Total Fat 3.5g**    **5%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 0mg**    **0%**

**Total Carbohydrate 11g**    **4%**

Dietary Fiber 3g    **12%**

Sugars 6g

**Protein 3g**

**Vitamin A 60%**    • **Vitamin C 60%**

**Calcium 4%**    • **Iron 10%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000    2,500

Total Fat    Less than 65g    60g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1