



Peas

Lakota: omníča gmigmí

Sampling Display Instructions

Sugar Snap Peas with Toasted Sesame Seeds

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Pea Pods (1 oz.) serving.			
Peanut oil	1 Tablespoon	1 ½ Tablespoon	2 Tablespoon
Mushrooms, sliced	4 mushrooms	5 mushrooms	7 mushrooms
Sugar snap peas or snow peas (cut in half)	2 ½ cups	3 cups	4 ½ cups
Low-sodium soy sauce	1 ½ teaspoons	2 teaspoons	3 teaspoons
Toasted sesame seeds	1-2 Tablespoons	2 Tablespoons	3 Tablespoons

Directions:

Wash the peas and remove the ends and strings. Slice the mushrooms. Measure out the soy sauce and sesame seeds. Set aside. Heat oil in wok or large skillet over medium-high heat. Add mushrooms and stir-fry them until they are light brown in color. Add peas and stir-fry them until they are crisp-tender (about 2 minutes). Add the soy sauce and stir. Cover and cook for another minute. Then, sprinkle with toasted sesame seeds.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Recipe video (optional) <https://youtu.be/6094jEe7cv0>
- Pick it! Try it! Like it! produce sign as table tent
- Pick it! Try it! Like it flyer or recipe card
- Food allergy sign on table

Notes:

- Prepare Sugar Snap Peas with Toasted Sesame Seeds. Do not overcook. Transport to the store in a warm crock pot.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Post the "allergy warning" sign. Place only a few samples at a time on small paper plates and provide forks. Ask parent's permission before children may sample.
- Ask them if they use peas often in their meals. Ask if they could use this recipe.
- Remind them that beef or chicken can be added to this recipe to make a great stir-fry.
- Lakota word translated by Jeshua Estes