

DIFFERENT WAYS YOU CAN USE



*Pea Shoots*

# — DESCRIPTION —

Their soft leaves, curly-cue tendrils and watery stems hold the promise of spring peas to come. But even better than that, they hold the flavor of them, too.

## SWAP EM OUT

swap them in for any soft, leafy green in a recipe. Much like watercress, the stems are edible — and the tendrils are just delicious

## FRESH SALADS

You can eat pea shoots raw in a fresh salad; they can take the place of the more traditional lettuce or simply enhance it with pea shoot's spring flavor.

## STIR FRY!

You can stir fry them with sesame oil and garlic, as has long been done in Asian cooking.



## PRETTY UP YOUR PASTA!

These greens can also brighten up a spring pasta dish, contributing a fresh, soft taste.

## SPRING UP YOUR SANDWICH

These greens can also brighten up a spring pasta dish, contributing a fresh, soft taste.

