



Stir-Fried Pea Shoots and Garlic

PREP TIME

5 min

TOTAL TIME

6 min

Nutrition Information Per Serving

Makes 4 (1/2 Cup) servings

FAT

10g

PROTEIN

2g

CARBS

5g

CALORIES

152

Ingredients

3 Tbs canola Oil

2 cloves garlic, thinly sliced

1 lb snow pea shoots, cut into 2 inch pieces

2 Tbs Shaoxing wine (optional)

¼ C water

Salt, to taste

Instructions

1. Heat a large pan to medium heat. Once hot, add the oil and then the garlic. Let the garlic soften and become fragrant before adding the pea shoots, about 30 seconds.
2. Add the pea shoots, Shaoxing wine, water, and salt. Cover the pan, and let the pea shoots wilt, about 2 minutes.
3. Uncover the pan, taste a pea shoot, and add more salt if you desire. Serve immediately.

Pro Tips:

- This technique of lightly cooking greens can be used with many other greens such as spinach, watercress leaves, and bok choy.
- Pea shoots may seem intimidating to buy, but they are one of the easiest and most delicious greens to stir fry.

Recipe courtesy of Virta Employee, Eva S.