

# BBQ Sugar Snap Peas

## Heart Health

**Items Needed:** medium size baking pan, measuring cups and spoons, mixing bowl.

**Makes:** 6 servings

### Ingredients:

- 3 cups sugar snap peas, cut in half
- ½ cup French fried onions (topping)
- ½ cup low sodium ketchup
- ¼ cup brown sugar
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 Tbsp Worcestershire sauce, low sodium

### Directions:

1. Preheat oven to 350 degrees. Spray a medium sized baking pan and set aside.
2. In a mixing bowl, combine sugar snap peas, ketchup, Worcestershire sauce, brown sugar, garlic powder, and black pepper until snap peas are well coated. Pour mixture into baking pan
3. Bake for 20-25 minutes until the casserole is bubbling and the top is browning. Top with French fried onions and serve warm.

### Nutrition Information (per 1 bite):

Calories: 130 Fat: 5 g Carbs: 22 g Protein: 2 g Fiber: 2 g Sodium: 97 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

Recipe modified from: <https://practicallyhomemade.com/bbq-green-bean-casserole-recipe/>

