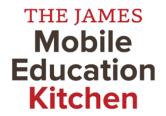
BBQ Sugar Snap Peas



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/

