

## Ginger Snow Peas

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Total Time:** 10 minutes

**Servings:** 4

**Serving Size:** About ½ cup

### Ingredients:

1 teaspoon coconut oil, melted  
1 teaspoon sesame oil  
4 cups snow peas or sugar snap peas, trimmed  
1-3 teaspoons fresh ginger, minced  
1 tablespoon coconut aminos  
Salt and pepper to taste

### Directions:

1. Heat coconut oil in a skillet over medium-high heat.
2. Add the snow peas/sugar snap peas and sauté 3-5 minutes.
3. Add the ginger and sauté an additional 3 minutes.
4. Remove from the heat and stir in coconut aminos, sesame oil, salt and pepper.
5. Serve hot!

### Tips and Tricks:

### Nutritional Information Per Serving:

**Calories:** 42.1  
**Fat:** 2.4 g  
**Cholesterol:** 0.0 mg  
**Sodium:** 145.3 mg  
**Total Carbohydrate:** 4.1 g  
**Dietary Fiber:** 1.5 g  
**Sugars:** 2.3 g  
**Protein:** 1.8 g