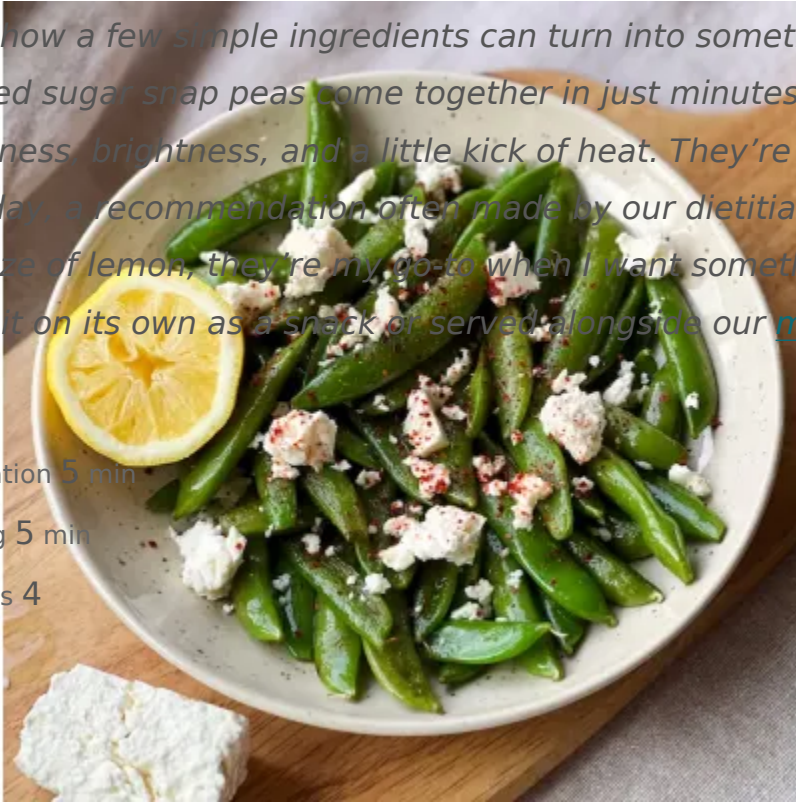


# Feta and Chili Sugar Snap Peas

*I love how a few simple ingredients can turn into something so fresh and satisfying. These sautéed sugar snap peas come together in just minutes, striking a perfect balance of sweetness, brightness, and a little kick of heat. They're a great way to add more veggies into your day, a recommendation often made by our dietitians! Topped with crumbled feta and a squeeze of lemon, they're my go-to when I want something quick, vibrant, and full of flavor. Enjoy it on its own as a snack or served alongside our [maple-glazed salmon with prosciutto and lime](#).*



Preparation 5 min

Cooking 5 min

Servings 4

## Nutrition Facts (per serving)

Calories 130 kcal

Fat 7 g

Carbohydrates 11 g

Fibre 3 g

Protein 5 g

Sodium 170 mg

## Ingredients

- 450 g (1 lb), sugar snap peas
- 15 ml (1 tbsp) olive oil
- 60 ml (¼ cup) feta cheese, crumbled
- Lemon juice, to taste
- Chili flakes, to taste



Sophie Idris – Nutritionniste Diététiste à Montréal

Registered Dietitian Nutritionist in Montreal