**KID FRIENDLY RECIPE FOR MAY…**

**ORZO WITH SNAP PEAS AND PARMESAN** - Serves 4

- 1 ½ lbs sugar snap peas, trimmed of stem and string
- 1 lb orzo (or any small pasta)
- 1 tsp lemon zest
- ¼ cup grated parmesan
- drizzle olive oil
- dash salt and pepper

**Directions:**

1. Bring a large pot of water to a rolling boil. Add a small handful of salt. Add the snap peas and cook for 30 seconds – 1 minute until bright green. Use a slotted spoon or hand-held strainer to remove from pot and place into a big bowl.

2. Add the orzo to the water, stirring as you go so they don’t clump together. Cook according to package instructions or until al dente. Scoop ¼ of water from the pot and add to the peas in the bowl. Drain the pasta and add the hot orzo to the bowl, along with the lemon zest and parmesan. Add a drizzle of olive oil and toss everything together. Taste and add salt and pepper as needed. Serve hot.

*Adapted from: [www.whatsupforkids.com](http://www.whatsupforkids.com)*

**ADULT FRIENDLY RECIPE FOR MAY…**

**WARM SNOW PEA AND CHICKEN SALAD**

- Serves 4

- 1 pound boneless, skinless chicken breast, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 3 teaspoons toasted sesame oil, divided
- 2 tablespoons tahini, or cashew butter
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 pound snow peas, trimmed and thinly slivered lengthwise
- 2 tablespoons chopped cashews

**Directions:**

1. Place chicken in a medium skillet or saucepan and add broth; bring to a boil. Cover, reduce heat to low, and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size pieces. (Cool and refrigerate the broth, reserving it for another use.)

2. Meanwhile, whisk vinegar, soy sauce, 2 teaspoons sesame oil and tahini (or cashew butter) in a large bowl until smooth.

3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add ginger and garlic and cook, stirring, until fragrant, about 1 minute. Stir in slivered peas and cook, stirring, until bright green, 3 to 4 minutes. Transfer to the bowl with the dressing.

4. Add the chicken to the bowl with the peas; toss to combine. Serve sprinkled with cashews.

*Adapted from: [www.eatingwell.com](http://www.eatingwell.com)*