

Sautéed Snap Peas

with Mint

1 lb snap peas, trimmed
2 T olive oil
2 cloves garlic, minced

1/4 C fresh mint leaves, chopped
1/4 C brewed Spearmint tea
Salt and pepper to taste

PREPARE THE SNAP PEAS: In a large skillet, heat the olive oil over medium heat. Add the garlic and sauté until fragrant.

SAUTÉ: Add the snap peas and cook for 3-4 minutes, until tender-crisp. Stir in the brewed Spearmint tea and chopped mint leaves. Season with salt and pepper.