



Glazed Summer Vegetables

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 4 – 6

Ingredients:

- 2 bags (approx 4 cups) of Sugar Snap Peas
- 1 small yellow Zucchini
- 1 small green Zucchini
- 3 tbsp Butter
- 2 tbsp Sugar
- ¼ tsp Salt

Instructions:

1. Chop zucchini into about ½ inch thick pieces
2. Take stems off peas if necessary

3. Add veggies, butter, sugar and salt to a frying pan. Cover with water, so that just under half the veggies are covered.
4. Cover with a lid and turn on high.
5. Once water boils – start timer for 3 minutes. Shake the pan often so veggies cook evenly
6. Remove from heat. Scoop out the veggies from the pan with a slotted spoon and serve immediately