

Sautéed Snow Pea Shoots

<http://userealbutter.com/2009/06/25/sauteed-snow-pea-sprouts-recipe/>

2 lbs. snow pea shoots

2 tbsps vegetable oil (not olive oil – something without much flavor)

4 cloves garlic, peeled, smashed and roughly chopped

salt to taste (1/2 tsp)

If the bottom leaves on the shoots are tough, you can trim the shoots by pinch off the tender tops (keep the tops, discard the bottoms). There are usually two and sometimes three tender tops for each “stem” so be sure you get all of the good tips. Wash the shoots thoroughly in water and drain, shaking out as much excess water as possible. In a large frying pan or wok, heat the oil over high heat. Add garlic to the hot oil and when it becomes fragrant, add all of the shoots to the pan at once taking care to avoid splattering oil. Sauté the shoots. When they begin to wilt, sprinkle salt over the shoots. Continue to sauté until all of the greens are just wilted. Remove from heat. Serve.