

# Sautéed Snap Peas with Garlic

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## **INGREDIENTS**

- 12 oz snap peas, trimmed
- 1 tablespoon olive oil or avocado oil
- 2 cloves garlic, minced
- Salt & pepper to taste
- *Optional: squeeze of lemon or sprinkle of sesame seeds*

## **DIRECTIONS**

1. Heat oil in a large skillet over medium-high heat.
2. Add snap peas and sauté for 3–4 minutes until bright green and crisp-tender.
3. Add garlic and cook 1 more minute, stirring frequently to avoid burning.
4. Season with salt, pepper, and a squeeze of lemon if desired. Serve immediately.