Snap Pea Chips

Parmesan is an amazing cheese because a little goes a long way. You save serious calories with a sprinkle of parm instead of a blanket of another cheese.

The hot red pepper flakes are optional. If you like spice, it’s a great way to kick things up.

Ingredients:
- 3-4 cups Fresh or Frozen snap peas
- 1/2 tsp sea salt
- 1/2 tsp onion or garlic powder
- Optional 3-4 tbsp nutritional yeast (for "cheesy" taste admits in the bulk section of WINCO)
- 2-3 tsp oil

Directions:
just bake 350F 15-20 min. Best to Flip them over after 10-15 minutes.

Oven Dried Option
Place seasoned snap peas on baking sheet. Set your temp at 170F and Place tray of snap peas in center rack. Prop the oven door open about 1 inch. You can use a piece of foil that's bunched up to do that.

The cooking time will be shorter, so check around 4 hrs. Season more once dried if desired. The oven dried chips will be crispy for a day but then lose crispiness after a few days if not dried long enough to begin with.

EAT THIS not THAT Easter Basket

Sometimes it is hard to know what the healthier choice is when faced with options. Here are some suggestions:

* **BREAKING** – Go for a walk or coordinate a street-wide Easter egg hunt or parade. You would be amazed at all the local offerings. Get outside!

* **RETHINK THAT EASTER BASKET** – Purchase nontraditional gifts (books, costume jewelry, gift certificates) are even more appreciated than the usual candy, consider making healthy meal substitutions.

* **SHIFT YOUR FOCUS** – Remind yourself that holidays are not about a whole season, a whole weekend or even a whole day. Is there anything that you can tweak. You might surprise yourself and your family with something new.

* **“UN”-CHOCOLATE EGGS** – Instead of buying lots of candy, buy plastic eggs and fill them with stickers, money or small toys.

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