



## ***Pea Shoots***

*MyPlate2Yours - Lynn Dugan*

### ***Ingredients***

2 teaspoons olive oil  
1 tablespoons grated fresh ginger  
1 cloves garlic, finely chopped  
1 pounds pea shoots, rinsed, dried, and cut into 2-inch lengths  
1 teaspoons soy sauce  
1/4 teaspoon freshly ground black pepper  
1 tablespoons sesame seeds, lightly toasted

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### ***Directions***

In a large heavy skillet, heat the olive oil over medium/low heat. Add the ginger and the garlic and saute, stirring occasionally, for 3 to 4 minutes, or until softened. Do not allow the garlic to brown. Add the pea shoots, increase the heat to medium, cover the pan and cook for 1 minute. Remove from the heat, add the soy sauce and the pepper and toss to mix. Serve immediately, scattered with the sesame seeds. Enjoy!