



Air-Fryer Sesame Ginger Sugar Snap Peas



Entire recipe: 118 calories, 1g total fat (0g sat. fat), 464mg sodium, 19.5g carbs, 6g fiber, 11g sugars, 6g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

8 oz. (about 2 cups) sugar snap peas
1 tbsp. sesame ginger dressing with about 35 calories per 2-tbsp. serving (like [Newman's Own](#))
1/8 tsp. salt
Optional toppings: chili paste, sesame seeds

Directions

Combine ingredients in a large bowl, and toss to coat.

Spray air fryer basket with non-aerosol nonstick spray (or [use a liner like this one](#)).

Place snap peas in the air fryer. Set air fryer to 380°F. Cook until tender on the inside and lightly browned and crispy on the outside, about 10 minutes, flipping halfway through if needed.

MAKES 1 SERVING

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