



# Stuffed Pea Pods

Servings: 1

## Ingredients:

- 4–6 pea pods per child
- $\frac{1}{4}$  (2 oz) regular or flavored cream cheese, softened

## Supplies:

- Cutting board
- Table knife



## Directions:

Adults will:

- Wash pea pods under running water and pat dry with a paper towel.
- Place some pea pods on each child's cutting board.
- Demonstrate to children how to slice open the pea pods to expose peas by using a sawing motion with the knife.

Children will:

1. Cut off each end of pea pods.
2. Carefully split pea pods in half using a knife.
3. Remove peas and set aside.
4. Spread cream cheese inside of each pea pod half using table knife.
5. Top each stuffed pea pod with peas.
6. Eat and enjoy!