



Peas



Key Points

- ▶ An excellent source of vitamins C and K and a good source of vitamin A and folate. Contain carotenoids that may be good for health and peas are a good source of fiber in the diet.
- ▶ Choose firm, bright green, medium-sized pods with no signs of decay or wilting.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Refrigerate peas in a perforated plastic bag for up to seven days. Shell peas immediately before using.

Quick Tips

- ▶ Brighten up soups, stews, and casseroles with colorful peas.
- ▶ Ask children to help you shell peas from fresh pea pods. They will be more likely to try them — and to like them too.
- ▶ Wash thoroughly with running water before peeling, cutting, or eating. Do not wash produce until ready to eat.
- ▶ Stir peas into cooked rice or barley. Season with herbs.

Layered Lettuce Salad

Number of servings: 12

Ingredients:

- 1 head romaine lettuce, torn in bite-size pieces
- 1 cucumber, sliced and quartered
- 1 onion, chopped
- 1 pound peas, shelled and blanched
- 6 ounces low-fat plain yogurt
- 4 ounces low-fat cheddar cheese, shredded

Directions:

- ▶ Layer lettuce across the bottom of a serving bowl. Place cucumbers evenly over the lettuce, then add the onions, followed by the peas.
- ▶ Spread yogurt on top of peas in a thin layer. Sprinkle grated cheese over all.
- ▶ Cover and refrigerate overnight to allow flavors to blend. Serve cold.
- ▶ Variations: Add chopped tomatoes, celery, or other fresh vegetables as layers. Use any light salad dressing instead of yogurt.

Per serving: 72 calories; 1 g fat (trace saturated fat); 6 g protein; 10 g carbohydrate; 3 g dietary fiber; 3 mg cholesterol; 76 mg sodium.



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Italian Peas

Number of servings: 6

Ingredients:

- 1 tablespoon canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound fresh green peas, shelled and blanched
- 1 tablespoon chicken stock
- Ground black pepper to taste

Directions:

- ▶ Heat canola oil in a nonstick skillet over medium heat.
- ▶ Stir in onion and garlic, cook about 5 minutes.
- ▶ Add peas and stir in chicken stock. Season with pepper to taste.
- ▶ Cover and cook until the peas are tender, about 10 minutes.

Per serving: 90 calories; 3 g fat (trace saturated fat); 4 g protein; 13 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 27 mg sodium.

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