# Peas

## Key Points
- For the best buy, choose fresh peas with crisp pods.
- To prepare peas, remove from the pods before cooking.
- To store fresh, refrigerate whole pea pods for up to 2 days in a plastic bag in the refrigerator.
- Peas contain fiber, which helps to keep you regular.

## Peas and Pasta

**Ingredients:**
- 3 cups uncooked pasta
- 2 cups peas
- 2 tablespoons oil
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

**Directions:**
1. In a large pot, bring 12 cups of water to a boil.
2. Add pasta and cook for 8 minutes.
3. Add peas to pot and cook for 2 more minutes.
4. Drain peas and pasta and place in large bowl.
5. Toss cooked pasta and peas with oil.
6. Sprinkle with cheese and serve hot.
7. Refrigerate leftovers.

Makes 4 servings.

## Sweet Pea Salad

**Ingredients:**
- 4 cups peas, cooked and chilled
- 3 stalks celery, chopped
- 1/2 onion, chopped
- 1/2 cup low fat sour cream
- Salt and pepper to taste

**Directions:**
1. In a large bowl, mix together peas, celery and onion.
2. Stir in the sour cream.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

## Quick Tips
- Add a cup of peas to a pot of soup.
- Add cooked peas to macaroni and cheese or tuna casserole.
- Add peas to tossed salads.
- Remember to rinse all fruits and vegetables before using.

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*This institution is an equal opportunity provider and employer. This material was funded by USDA’s Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!
The Nutrition Facts Label—What does it tell us?

Recipe name: Peas and Pasta

### Nutrition Facts

Serving Size: 1/4 of recipe (141g)
Servings Per Recipe: 4

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<thead>
<tr>
<th>Amount/Serving</th>
<th>____________</th>
<th>% Daily Value*</th>
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<td>Calories from Fat</td>
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<tr>
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Vitamin A 30%  Vitamin C 20%
Calcium 8%  Iron 15%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:
   - Total Fat
   - Saturated Fat
   - Trans Fat
   - Cholesterol
   - Sodium

4. Get enough of these:
   - Fiber
   - Vitamin A
   - Vitamin C
   - Calcium
   - Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH
The Nutrition Facts Label—What does it tell us?

Recipe name: Sweet Pea Salad

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2. Check Calories.

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   - Sodium

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   - Vitamin A
   - Vitamin C
   - Calcium
   - Iron

Vitamin A 40%  Vitamin C 30%
Calcium 4% Iron 10%

*Percent (%) Daily Values are based on a 2,000 calorie diet.