

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 peapods 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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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	
Amount/Serving	
Calories 360	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 170mg	7%
Total Carbohydrate 49g	16%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 14g	
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

Nutrition Facts

Serving Size: 1/4 of recipe (145g)

Servings Per Recipe: 4

Amount/Serving

Calories 90 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 160mg **7%**

Total Carbohydrate 16g **5%**

Dietary Fiber 4g **18%**

Sugars 7g

Protein 7g

Vitamin A 40% Vitamin C 30%

Calcium 4% Iron 10%

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

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