



Give Your Family More of the Good Stuff!



Peas Basics

Peas are a good source of vitamins A and C.



Peas can be enjoyed year round—fresh, frozen or canned.

Shop and Save

- ☼ Fresh peas might cost less and taste fresher while in season from May through mid-July.
 - ⇒ To avoid waste only buy what you need, since fresh peas only last a few days in the refrigerator.
- ☼ Frozen and canned peas are available all year.
 - ⇒ For the best value buy frozen peas in large bags that you can reseal, or portion out what you need in smaller freezer bags or containers.
 - ⇒ Choose low-sodium canned peas. Use the food label to find canned peas with less sodium. Rinse and drain the canned peas to cut more sodium.
- ☼ Sugar snap peas and snow peas may be least expensive at a farmers' market.

Types of Peas

Green peas (garden peas) – Green peas grow in a pod but are 'shelled' or removed from the pod for cooking or eating. Fresh green peas should be plump and firm and not rattle around inside the pod. Green peas can be found fresh, frozen or canned.



Snow peas (Chinese pea pods) – Snow peas should be flat with very small peas inside the pod. The pod and peas inside are eaten together. They are usually available fresh or frozen.



Sugar snap peas (snap peas) – Snap peas have a plump, fleshy pod with peas inside. Both the pod and the peas inside are eaten together. They are crisp and snap like green beans when bent. They are usually available fresh or frozen.



Store Well Waste Less



- Refrigerate fresh peas soon after picking or buying. Store them in an open bag or unsealed container. They should keep for about 3 days.
- Frozen peas will keep in the freezer for up to 8 months. Keep them in a resealable freezer bag or container so you can use what you need and continue to keep the rest frozen.
- Canned peas keep for 2 years or longer.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Peas

Green Pea Soup

Ingredients:

- 2 cans (15 ounces each) **peas** (undrained)
- 1 cup nonfat or 1% **milk**
- 1 teaspoon **chicken** or **vegetable bouillon**
- 1 tablespoon **onion powder**
- ½ teaspoon **garlic powder**
- ¼ tsp **pepper** (optional)

Directions:

1. In a medium saucepan, heat peas with liquid over medium heat. As the peas warm, mash to desired consistency with a fork or potato masher.
2. Stir in milk, vegetable bouillon, onion powder, garlic powder and pepper, if desired. Simmer for 15 minutes. Serve warm.
3. Refrigerate leftovers within 2 hours.

Notes:

For a smoother soup, combine peas with liquid and milk in a blender or food processor. Blend until smooth, then add to saucepan.

Try fresh onion for extra flavor! Heat 1 teaspoon vegetable oil in the saucepan over medium heat. Add ¾ cup chopped fresh onion. Cook until onion is soft then add peas with liquid.

Parmesan Peas

Ingredients:

- 1½ teaspoons **margarine** or **butter**
- 3½ cups **peas** (about 2 cans [14.5 ounces each] drained or 16 ounces frozen)
- 1½ teaspoons **lemon juice**
- ¼ teaspoon **pepper**
- ⅓ cup grated **parmesan cheese**

Directions:

1. Heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add peas and cook 2-3 minutes or until peas are heated through.
2. Add lemon juice and pepper and mix well. Sprinkle with parmesan cheese and serve warm.
3. Refrigerate leftovers within 2 hours.

Note:

Try other types of cheese or a blend!

Go to
FoodHero.org
for easy, tasty
recipes with
peas

Quick Fix

- ❁ Peas make a great addition to green salads.
- ❁ Try sugar snap peas with a low-fat dip.
- ❁ Add peas to a tasty brown rice or barley pilaf.
- ❁ Add fresh or frozen peas to your favorite pasta dish.
- ❁ Use snow peas mixed with other veggies and chicken or tofu for a stir-fry.