



PEAS

Description

Garden peas are a cool-season vegetable that can be planted in the spring and again in the fall. Peas provide zinc and vitamins C and E which help to strengthen the immune systems. Peas also contain nutrients that can help protect against chronic diseases of the eyes such as cataracts and age-related macular degeneration.

Selection

When selecting peas in the pod from the garden or the grocery store, choose pods that are bright green and free of any yellow spots. The pods should also be shiny and firm.

Storing

Pea pods can be stored in a plastic zip-top bag in the refrigerator for 2-3 days. Storing peas at room temperature can cause the sugars to turn into starch creating a pea that is less sweet.

Preparing

Fresh garden peas should be shelled just before cooking. Rinse the pods and remove the peas. Like most vegetables, peas are most flavorful if cooked to a crisp-tender stage. Peas can be simmered in water, steamed, or sautéed.

Recipe of the Month

Peas and Mushrooms

Ingredients:

- 3 Tbsp of unsalted butter
- 8 ounces sliced mushrooms of your choice
- ¼ medium onion thinly sliced
- 1 pound of fresh or frozen peas
- ¾ cup chicken broth
- Salt and pepper to taste

Directions

1. Heat the skillet to medium-high heat and add butter.
2. Add sliced mushrooms and onions. Cook until tender.
3. Add the remaining ingredients and bring to a simmer.
4. Reduce heat, and simmer for 3-5 minutes.

** If using fresh garden peas instead of frozen, reduce the amount of chicken broth used.*

Nutrition Facts

Serving Size 1 cup raw green peas (145g)

Amount per serving
Calories 117

% Daily Value*

Total Fat 0.6g	0%
Saturated Fat 0.1g	0%
Trans Fat 0mg	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Total Sugars 8g	
Includes Added Sugars 0g	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 2.1mg	11%
Potassium 354mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

Need help stretching your food dollars?

Contact your local resource center or go online to: **mydss.mo.gov/food-assistance**

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