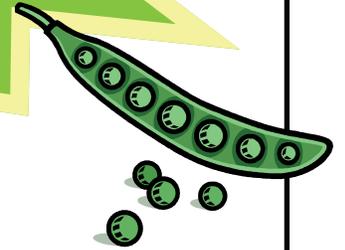


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Peas



You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week

What legume is popular as a fresh vegetable?

GARDEN PEAS!

- ◆ Select peas that are firm, crisp, and have a bright green color.
- ◆ Shelled peas should be plump but not too large
- ◆ Old peas taste mealy & starchy
- ◆ Fresh peas are best when used immediately, but can be stored in a plastic bag in the refrigerator for up to 2 days
- ◆ Wash pea pods just before shelling
- ◆ To cook, steam in as little liquid as possible for 5—8 minutes (tender crisp) to maintain nutritional value & flavor.

Source: Ag Extension, University of Illinois

Nutrition Facts:

- ◆ 1/2 cup peas (cooked or raw) is one serving
- ◆ One serving contains about 65 calories
- ◆ Peas are a good source of Vitamins A, C, and fiber

Did you know?

Garden peas can be eaten fresh (when they are immature), or left on the vine to ripen and dry, and used as a 'dry bean' (as in split pea soup)!

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Italian Peas

6 Servings

INGREDIENTS

1 tablespoon olive oil
2 cloves garlic, minced

1 tablespoon chicken stock*
½ onion, chopped
1 pound fresh green peas
salt and pepper to taste

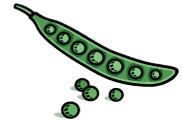
DIRECTIONS

Heat olive oil in a skillet over medium heat. Stir in onion and garlic; cook about 5 minutes. Add peas, and stir in stock. Season to taste with salt and pepper. Cover, and cook until the peas are tender, about 10 minutes. Serve immediately or the peas will become soft and overcooked.

*can substitute chicken bouillon granules dissolved in water

Simple ways to enjoy peas:

Fresh peas are sweet and crisp and can be eaten right out of the washed pod;
or add to soups, stews, stir-fry, and salads!



Cold Pea Salad

6 Servings

INGREDIENTS

1 pound fresh green peas
¼ cup chopped red onion
2 tablespoons dill pickle relish
1 hard cooked egg, chopped

1 large green or red pepper, chopped
¼ cup low fat mayonnaise
½ cup shredded pepper jack or cheddar
cheese

DIRECTIONS

In a medium bowl, combine peas, onion, relish, egg and pepper. Stir in mayonnaise and cheese.

Chill at least two hours before serving.

Recipes adapted from allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!