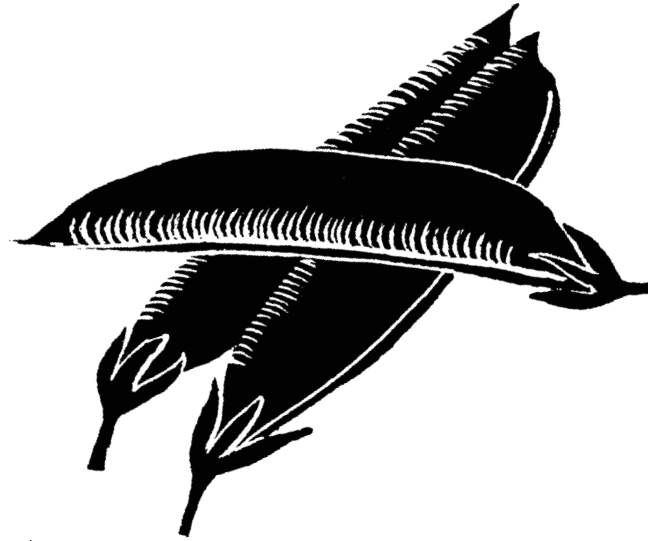


Peas

Peas are technically legumes, like lentils. Earlier peas were grown from dried seeds that originated in western Asia and adjacent Europe. In America, peas have been around since the earliest colonists brought dried seeds with them.

There are a few

different kinds of peas. When most people think of peas, the English pea comes to mind. This is the type of pea that people grow in their gardens. These peas must be shelled before eating. There are also pod peas, which can be eaten



pod and all. These are snow peas and sugar snap peas. They are usually cooked or steamed just a minute or two. Snow peas are famous for their use in stir-fries.

Garlic Stir-fried Snap Peas

Makes 3 servings

Ingredients:

- 3 cups sugar snap peas
- 2 teaspoons oil
- 2 cloves garlic, chopped
- 2 teaspoons lemon juice
- Pepper to taste

Directions:

1. Heat oil in skillet.
2. Stir in garlic.
3. Add peas; cook and stir 2 to 4 minutes on medium heat.
4. Remove and sprinkle on lemon juice and pepper.
5. Serve over rice.



Nutrition Facts

Serving Size 1 Serving (144g)
Servings Per Container 3

Amount Per Serving

Calories 110 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 16g 5%

Dietary Fiber 5g 20%

Sugars 8g

Protein 5g

Vitamin A 0% • Vitamin C 20%

Calcium 10% • Iron 6%

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

Source: "From Asparagus to Zucchini: A Guide to Farm-Fresh Seasonal Produce," Madison Area Community Supported Agriculture Coalition (MACSAC)

Tips

- Kids love eating peas and shelling peas. Keep them busy in the summertime by giving them a pile of peas to shell.
- Peas don't last very long after they've been picked, and are sweetest right away. If you must store them, refrigerate in a plastic bag for a few days, or freeze after blanching.

Complementary Herbs

basil
dill
marjoram
mint
parsley

Bow-tie Pasta with a Trio of Peas

Makes 4 servings

Ingredients:

- 1 package (1 pound) bow-tie or corkscrew pasta
- 1 Tablespoon margarine or butter
- 1 Tablespoon olive oil
- 1/2 cup snow peas, strings removed
- 1/2 cup sugar snap peas, strings removed
- 1 clove garlic, chopped
- 1 cup peas
- 1/2 cup chicken broth
- 1/4 teaspoon pepper

Directions:

1. Cook pasta.
2. While pasta is cooking, melt margarine or butter in a skillet with olive oil over medium-high heat.
3. Add snow peas and sugar snap peas and cook, stirring, until tender-crisp (1 to 2 minutes).
4. Stir in garlic and cook 30 seconds.
5. Add 1 cup remaining peas, broth, and pepper; heat to boiling.
6. Drain pasta; return to saucepot.
7. Add vegetable mixture; toss well.

Source: "Good Housekeeping," www.women.com

Nutrition Facts

Serving Size 1 Serving (229g)
Servings Per Container 4

Amount Per Serving

Calories 540 **Calories from Fat** 120

% Daily Value*

Total Fat	13g	20%
Saturated Fat	3.5g	18%
Cholesterol	140mg	47%
Sodium	210mg	9%
Total Carbohydrate	87g	29%
Dietary Fiber	5g	20%
Sugars	7g	

Protein 20g

Vitamin A 6% • Vitamin C 30%

Calcium 4% • Iron 25%

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