

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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