



YES PEAS!

# sweet pea

Peas are a member of the legume family, which includes plants that bear pods enclosing fleshy seeds. Fresh sweet peas are packed with fiber and vitamins A, C and K.

## DID YOU KNOW?



- Fresh sweet peas are tender enough to be eaten raw but may also be cooked.
- Sweet peas are also known as "English," "Green," or "Garden" peas.
- Of all the sweet peas grown, only 5 percent make it to the supermarket fresh and the rest are canned, frozen or dried.
- The sweet pea pods grow on vines and, unlike snow and sugar snap peas, are too fibrous to be edible.

## WELLNESS TIP

Step outside of your comfort zone and try a new way to exercise. Consider taking a hot yoga class, signing up for a local fun run or competing in a triathlon.

## SHOPPING, PREPARING AND STORING



- For best flavor, choose small peas, which are younger, sweeter and tenderer than the large ones.
- Peas do not have a very long shelf life, so it is important to refrigerate peas in a perforated plastic bag for 3-5 days.

## COOKING TIPS



- To best preserve the nutrients found in peas, use raw peas or prepare them either steamed or stir-fried.
- Try adding raw peas to green and grain salads. Their sweet, fresh flavor will complement rich pasta and risotto dishes as well as spicy curries and soups.

## COUSCOUS WITH PEAS & ONIONS

serves 4



- 1 teaspoon olive oil
- 1 cup onion, finely chopped
- 1 cup fresh sweet peas
- 1/2 teaspoon ground sage
- 1 cup water
- 1 cup couscous
- 1/2 teaspoon salt

1. Heat oil in a large skillet.
2. Add onion and sauté for 5-10 minutes, until lightly browned.
3. Add the peas, sage, water, couscous and salt.
4. Cover and cook on low for about 5 minutes or until peas are tender and all of the water is absorbed.
5. Fluff with fork and serve.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 205; Total Fat: 1 g; Saturated Fat: 0 g; Total Carbohydrates: 40 g; Protein: 7 g; Sodium: 37 mg



## CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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