



Give Them More  
of the  
Good Stuff!

## Peas Basics

Peas contain many nutrients, including fiber and vitamins A and C.



*How to shell a pea: break off one end of the pod, unzip one side, open the pod and scrape the peas into a bowl. One pound of unshelled green peas will provide about 1 cup of peas.*

### Shop and Save

- ☼ Choose fresh peas with pods that are shiny, firm, and bright green. Avoid bruised, yellow or wilted peas.
- ☼ Find fresh local peas at farmers markets or larger supermarkets. In Oregon, they may be available May through September.
- ☼ Frozen and canned peas are available year round.
  - ⇒ Use the unit pricing tag on store shelves to find the best value.
  - ⇒ Use the Nutrition Facts label on packages to find peas that are low in sodium. Drain and rinse canned peas to reduce sodium even more.

### Types of Peas

**Green peas** are also known as garden or shelling peas. The peas grow in a rounded pod but are “shelled” or removed from the pod before eating raw or cooked.



**Snow peas** have pods that are flat with tiny peas inside. The whole pod is eaten raw or cooked. There may be tough “strings” along the edges that can be removed before eating.



**Snap peas** are also known as sugar snap peas. The pod is plump and rounded with small peas inside. The whole pod is eaten raw or cooked. Strings on the edges can be removed before eating, if desired.



Peas are fun to grow. Go to [FoodHero.org](http://FoodHero.org) for gardening tips.

### Store Well Waste Less

- Refrigerate fresh peas soon after buying or picking. For best quality, plan to use them within a day or two.
  - Store in an open bag or container for air flow.
  - Rinse under cool running water just before using.

- Freeze fresh peas for longer storage. For best color and flavor, blanch first and package in labeled airtight containers. Plan to use within 8 months.
- Canned peas are safe to eat for up to 5 years past the ‘best by’ date if the can shows no dents, rust or swelling.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Peas



Go to [FoodHero.org](https://www.FoodHero.org) for easy, tasty recipes with peas

## Green Pea Soup

### Ingredients:

- 2 cans (15 ounces each) **peas** (undrained)
- 1 cup nonfat or 1% **milk**
- 1 teaspoon **bouillon** (any flavor)
- 1 tablespoon **onion powder**
- ½ teaspoon **garlic powder**
- ¼ tsp **pepper** (optional)

### Directions:

1. Wash hands with soap and water.
2. In a medium saucepan, heat peas with liquid over medium heat. As the peas warm, mash with a fork or potato masher to the thickness you want.
3. Stir in milk, bouillon, onion powder, garlic powder and pepper, if desired. Simmer for 15 minutes. Serve warm.
4. Refrigerate leftovers within 2 hours.

### Notes:

- For a smoother soup, combine peas with liquid and milk in a blender or food processor. Blend until smooth, then add to saucepan.
- Try fresh onion for extra flavor. Heat 1 teaspoon vegetable oil in the saucepan over medium heat. Add ¾ cup chopped onion. Cook until onion is soft. Add peas with liquid and continue with the directions.

**Makes** 4 cups

**Prep time:** 5 minutes

**Cook time:** 15 minutes

## Parmesan Peas

### Ingredients:

- 1½ teaspoons **margarine** or **butter**
- 3½ cups **peas** (fresh, frozen, or canned, drained and rinsed)
- 1½ teaspoons **lemon juice**
- ¼ teaspoon **pepper**
- ⅓ cup grated **parmesan cheese**

### Directions:

1. Wash hands with soap and water.
2. Heat margarine or butter in a medium skillet over medium heat (325 degrees F in an electric skillet). Add peas and cook until heated through. Allow 2 or 3 minutes for canned peas. Fresh and frozen peas will take about 7 or 8 minutes.
3. Stir in lemon juice and pepper. Sprinkle with parmesan cheese before serving.
4. Refrigerate leftovers within 2 hours.

**Makes** 4 cups

**Prep time:** 5 minutes

**Cook time:** 10 minutes



## Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ gather the kitchen tools and ingredients needed for making a recipe.
- ❁ drain and rinse canned peas in a colander.
- ❁ measure ingredients.