

# PEAS



Peas are in season from mid-June through July.

## Tips for selecting peas

- Garden pea pods should be green and not too fat (large peas are old and tough).
- Snow peas (almost pea-less, flat pods) and sugar snap peas are both eaten shells and all, raw or cooked.
- Approximately 2 pounds of garden peas in the pod will feed four people (1 pound yields about 1 cup of peas).
- For snow peas and sugar snap peas, 1 pound is enough for four people.

## Storage

Peas should be stored in the refrigerator and used within three to five days. Peas can be frozen—contact your county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) for information.

## Preparation

Wash peas in cold water before using them. Peas can be cooked in their shells or shelled first and then steamed or boiled for 5 minutes, or they can be cooked directly in a soup or stew. Snow peas and sugar snap peas take about 2 to 3 minutes to steam or cook.

## Key nutrients

- Fiber to prevent constipation
- Folate to help prevent birth defects and reduce the risk of heart disease

## Recipes

### Peas with sesame butter

1 cup fresh shelled peas (or  $\frac{3}{4}$  pound in pod)  
1 tablespoon margarine or butter  
1½ teaspoons sesame seeds  
½ teaspoon sugar  
Salt to taste  
Shell peas if in pods. Steam peas or boil in small amount of water, 5 to 7 minutes. Drain. Cook remaining ingredients over medium heat, stirring constantly until golden brown; pour over peas. Serves 2; 120 Cal; 7 g fat.

### Polynesian-style pea pods

½ pound Chinese pea pods  
1 can (8¼ ounces) pineapple chunks, drained  
1 tablespoon margarine or butter  
Wash pods, remove tips and stems. Steam or boil in 1 cup water until crisp tender, about 3 minutes. Drain. Cook and stir pineapple in margarine in 1-quart saucepan until hot. Add pods, toss, heat. Serves 3; 105 Cal; 4 g fat.

### Marinated sugar snap peas

1 pound sugar snap peas  
12 green onions or scallions, thinly sliced  
1 garlic clove, minced  
2 tablespoons vegetable or olive oil  
Pinch of sugar  
Pepper to taste  
Cook peas 1 minute in a pot of boiling water. Drain and rinse under cold running water. In a bowl, combine peas, onions, garlic, sugar, oil, and pepper. Toss gently. Cover and refrigerate for at least 30 minutes. Serves 4; 115 Cal; 7 g fat.



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