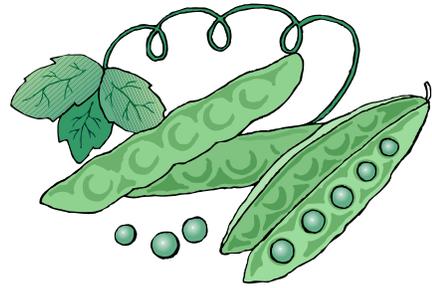


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## PEAS



### Selection & Preparation

Choose green pods that are not too fat (large peas are old and tough).

One pound of garden peas in the pod will yield about 1 cup peas (2 servings).

The shells of snow peas and sugar snap peas are edible. Enjoy snow and sugar snap peas raw or cooked.

Store peas in refrigerator. Best when used within 3-5 days.

Shell peas can be cooked in their shells or shelled first and then steamed or boiled for 5 minutes. Once peas are removed they can be cooked directly in soup or stews.

Snow peas and sugar snap peas take about 3-5 minutes of steaming or cooking.



### Nutrition Facts

Serving Size ½ cup green peas

Amount Per Serving

**Calories 58**

% Daily Value\*

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

**Cholesterol 0g** 0%

**Sodium 2 mg** 0%

**Total Carbohydrate 11 g** 4%

Dietary Fiber 4 g 15%

Sugars 4 g

**Protein 4 g**

Vitamin A 8% Vitamin C 15%

Calcium 2% Iron 6%

Folate 11% Potassium 187 mg

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Key Nutrients

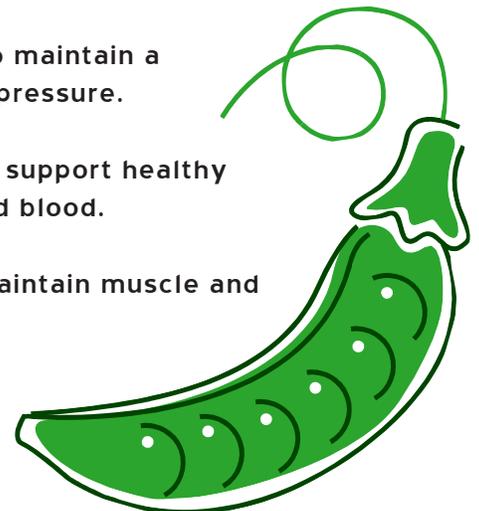
**Folate** - for a healthy heart and blood.

**Fiber** - to prevent constipation, control blood sugar and fiber may lower cholesterol.

**Potassium** - to maintain a normal blood pressure.

**Vitamin C** - to support healthy gums, skin and blood.

**Protein** - to maintain muscle and energy levels.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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## Spicy Asian-Style Pasta Salad

- 1 onion, chopped
- 1 pound linguine or spaghetti, broken in half
- 3 tablespoons sesame oil or canola oil
- 3 tablespoons honey
- 3 tablespoons soy sauce, low-sodium
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon cayenne or red pepper
- 3 red bell peppers, seeded, thinly sliced
- 3 cups snow peas
- 1 large red onion, thinly sliced or yellow onion
- 3/4 cup honey-roasted peanuts, coarsely chopped (optional)
- 1/2 cup basil, fresh chopped or 1/8 cup basil dried

1. Cook pasta in large pot of boiling water until tender but still firm, stirring occasionally. Drain and transfer to large bowl.
2. While pasta is cooking, wash and prepare vegetables.
3. Whisk 2 tablespoons sesame oil, and honey, soy sauce, vinegar and cayenne pepper in small bowl to blend, to make dressing.
4. Mix half of dressing into pasta.
5. Heat remaining 1 tablespoon oil in heavy large pot over medium-high heat.
6. Add bell peppers, snow peas and onion.
7. Add vegetables to cold pasta.
8. Mix in peanuts (optional); basil and enough remaining dressing to coat salad.

## Pea and Barley Salad

Adapted from Eating Well Magazine

- 2 cups water
- 1 cup quick-cooking barley
- 2 1/2 cups fresh shelled peas, snap or snow peas
- 1/2 cup fresh parsley
- 1/4 cup diced red onion
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

Bring water to boil in medium saucepan. Add barley, cover and cook for 10-12 minutes. Remove from heat and let stand, covered, for 5 minutes. If using frozen peas, place in strainer and rinse under warm water. If using snap peas, trim and slice into matchstick sized pieces. Rinse barley under cool water and put in large bowl. Add peas, parsley, onion, oil, lemon juice, salt, and pepper. Toss to combine. Serves 6

**Nutrition Highlight:** Peas are a good source of fiber, vitamins C and K and Manganese.

