



A link to food, fitness and financial health

**Nutrition Connections**

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# PEAS ARE IN!



## Chef Pat Produce

Chef Pat Produce is here to show you how easy it is to prepare fresh:

- ◆ Green peas
- ◆ Snow peas
- ◆ Sugar snap peas

Once you learn, you can:

- ◆ Add them to your favorite recipe
- ◆ Put them in a salad
- ◆ Eat them raw as a snack - either plain or with a low fat dip

### Green Peas (English Peas)

- ◆ First, rinse the peas.
- ◆ Next, you need to shell the peas. First, pinch the stem off with your fingernails.
- ◆ Pull the string all the way down the pod. The pod will pop open!
- ◆ Push the peas out with your thumb.
- ◆ Rinse all the peas.
- ◆ Throw away the pods or add them to your compost.
- ◆ Eat the peas.



### Snow Peas (Chinese Pea Pods)

- ◆ First, rinse the pea pods.
- ◆ Cut the tips from both ends of the pod. You can use kitchen shears.
- ◆ Eat the peas and the pods.



### Sugar Snap Peas



- ◆ First, rinse the pea pods.
- ◆ Then remove the strings. They run down both sides of the pod.
- ◆ Start at the bottom tip and pull the string up the front.
- ◆ Then snap the stem off.
- ◆ Next pull the string down the back of the pod.
- ◆ Eat the peas and the pods.



## Pea Trivia

Look for your answers online. Search for "pea Trivia." Also, try visiting [www.cdc.gov/5aday/](http://www.cdc.gov/5aday/), then click on "Fruit and Vegetable of the Month."

1. What fairy tale features a pea?
2. President Thomas Jefferson grew 15 varieties of this vegetable in his garden. It was his favorite. Can you name it?
3. Green peas are a member of the \_\_\_\_\_ family.

**Answers: Pea Trivia** 1. The Princess and the Pea. 2. The English pea was Thomas Jefferson's favorite vegetable. 3. Green peas are a member of the legume family.

## ASIAN SNOW PEAS

Makes 4 servings;  
Recipe from <http://www.cdc.gov/5aday>

- 1 teaspoon oil (use sesame oil for extra flavor)
- ½ pound fresh snow peas, trimmed
- ½ cup diagonally sliced carrots
- ¼ sliced water chestnuts
- ½ cup low-sodium chicken broth
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon cornstarch



- Add oil to a nonstick skillet and heat over medium-high heat.
- Add snow peas and carrots. Sauté 2 minutes
- Add water chestnuts and broth. Bring to a boil. Cover
- Reduce heat and simmer 5 minutes or until vegetables are crisp-tender.
- Mix soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture.
- Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

Nutrients per serving: 50 calories, 2 gram fat, 0 grams saturated fat, 8 grams carbohydrate, 2 grams protein, 0 milligrams cholesterol, 3 grams fiber, 65 milligrams sodium, 15% calories from fat.

## GREEN

To get the range of vitamins, minerals and phytochemicals you need to stay healthy and fit, eat a colorful variety of fruits and vegetables. Include GREEN in your low-fat diet to help maintain:

- ◆ Vision health
- ◆ A lower risk of some cancers\*
- ◆ Strong bones and teeth



\* Low-fat diets rich in fruits and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

Go green every day with a variety of fruits and vegetables like these:

### Fruits

- Avocados
- Green Apples
- Green Grapes
- Honeydew
- Kiwifruit
- Limes
- Green Peas

- Green Beans
- Green Cabbage
- Celery
- Chayote Squash
- Cucumbers
- Endive
- Leafy Greens
- Leeks
- Lettuce

### Vegetables

- Artichokes
- Arugula
- Asparagus
- Broccoflower
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Chinese Cabbage

- Green Onions
- Okra
- Peas
- Green Peppers
- Snow Peas
- Spinach
- Sugar Snap Peas
- Watercress
- Zucchini