

# Peas

## Key Points

- For the best buy, choose fresh peas with crisp pods.
- To prepare peas, remove from the pods before cooking.
- To store fresh, refrigerate whole peapods for up to 2 days in a plastic bag in the refrigerator.
- Peas contain fiber, which helps to keep you regular.



## Peas and Pasta

### Ingredients:

3 cups uncooked pasta  
2 cups peas  
2 tablespoons oil  
1/4 cup grated Parmesan cheese  
Salt and pepper to taste

### Directions:

1. In a large pot, bring 12 cups of water to a boil.
2. Add pasta and cook for 8 minutes.
3. Add peas to pot and cook for 2 more minutes.
4. Drain peas and pasta and place in large bowl.
5. Toss cooked pasta and peas with oil.
6. Sprinkle with cheese and serve hot.
7. Refrigerate leftovers.

**Makes 4 servings.**

## Sweet Pea Salad

### Ingredients:

4 cups peas, cooked and chilled  
3 stalks celery, chopped  
1/2 onion, chopped  
1/2 cup low fat sour cream  
Salt and pepper to taste

### Directions:

1. In a large bowl, mix together peas, celery and onion.
2. Stir in the sour cream.
3. Chill.
4. Serve and enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add a cup of peas to a pot of soup.
- Add cooked peas to macaroni and cheese or tuna casserole.
- Add peas to tossed salads.
- Remember to rinse all fruits and vegetables before using.

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