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NUTRITION AND YOU...PEAS

FOOD FOR THOUGHT

Fresh local peas have a short growing season and are usually available by June. Peas come in varieties that include green (English) peas, sugar snap peas, and snow peas. They are a very easy vegetable to grow in your home garden. Peas provide a delicious low-fat, low-calorie source of protein that you can add to soups, salads, pasta, or side dishes.



Note: 1 cup of peas provides 1 cup of your daily vegetable requirement.

SHOP SMART

Purchase peas that have firm, glossy pods, and are full to bursting. The stems, leaves, and tips should be soft and green. Avoid peas that rattle loosely in the pod. Choose medium sized rather than very large pea pods for sweeter taste. Keep peas refrigerated until ready to use. It is best to eat fresh peas the same day you purchase them.

KEEP IT SAFE

These food safety tips will help protect you and your family:

EAT HEALTHY

Peas are:

- An excellent source of Vitamin C
- A good source of Vitamin A
- A good source of dietary fiber
- Cholesterol free
- Low in calories and fat

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Don't wash peas before storing them.
- Rinse peas with cool, running water before shelling them.
- Shell peas just before you plan to cook or eat them.
- Rinse shelled peas with water before cooking.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Spring Vegetable Soup

Ingredients:

- 1 Tbsp. olive oil or other vegetable oil
- ¼ medium head (about 2 cups) finely shredded red cabbage
- 2 medium seeded and chopped ripe tomatoes
- ½ cup drained and chopped canned artichoke hearts
- 1 cup frozen or fresh green peas
- 2 ½ cups low-sodium tomato or vegetable juice
- 1 cup water
- 2 tsp. dried basil
- Salt and freshly ground black pepper, to taste

Instructions:

1. In large soup pot, heat oil over medium heat. Cook cabbage, tomatoes, artichoke hearts, and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer to 10 minutes, or until all vegetables are tender and soup is piping hot.

Nutrition Facts – Spring Vegetable Soup

Cost: Per Recipe: \$ 3.13 Per Serving: \$ 0.78

Serving Size: ¼ of recipe (402 grams)

Calories: 140 Calories from Fat: 35

Per Serving	% Daily Value*
Total Fat – 4 g	6%
Saturated Fat – 0.5 g	3%
Dietary Fiber – 5 g	20%
Sodium – 230 mg	10%
Sugars – 12 g	
Protein – 5 g	

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

3. Serve in individual serving bowls. Season to taste with salt and pepper.
4. Top with banana slices and frozen yogurt.

FOCUS ON FITNESS

Plant or care for a vegetable or flower garden.

REMEMBER:

Make half your plate fruits and vegetables. Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of heart disease, obesity, and type 2 diabetes.



Revised 12-2015.

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

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