Peas

Key Points

- An excellent source of vitamins C and K and a good source of vitamin A and folate.
  Contain carotenoids that may be good for health and peas are a good source of fiber in the diet.
- Choose firm, bright green, medium-sized pods with no signs of decay or wilting.
- Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- Refrigerate peas in a perforated plastic bag for up to seven days. Shell peas immediately before using.

Layered Lettuce Salad

Number of servings: 12

Ingredients:
1 head romaine lettuce, torn in bite-size pieces
1 cucumber, sliced and quartered
1 onion, chopped
1 pound peas, shelled and blanched
6 ounces low-fat plain yogurt
4 ounces low-fat cheddar cheese, shredded

Directions:
- Layer lettuce across the bottom of a serving bowl. Place cucumbers evenly over the lettuce, then add the onions, followed by the peas.
- Spread yogurt on top of peas in a thin layer. Sprinkle grated cheese over all.
- Cover and refrigerate overnight to allow flavors to blend. Serve cold.
- Variations: Add chopped tomatoes, celery, or other fresh vegetables as layers. Use any light salad dressing instead of yogurt.

Per serving: 72 calories; 1 g fat (trace saturated fat); 6 g protein; 10 g carbohydrate; 3 g dietary fiber; 3 mg cholesterol; 76 mg sodium.

Italian Peas

Number of servings: 6

Ingredients:
1 tablespoon canola oil
1 onion, chopped
2 cloves garlic, minced
1 pound fresh green peas, shelled and blanched
1 tablespoon chicken stock
Ground black pepper to taste

Directions:
- Heat canola oil in a nonstick skillet over medium heat.
- Stir in onion and garlic, cook about 5 minutes.
- Add peas and stir in chicken stock. Season with pepper to taste.
- Cover and cook until the peas are tender, about 10 minutes.

Per serving: 90 calories; 3 g fat (trace saturated fat); 4 g protein; 13 g carbohydrate; 4 g dietary fiber; 0 mg cholesterol; 27 mg sodium.