



Canned Green Peas

Canned green peas are a good source of potassium, vitamin A and fiber. Canned green peas are a starchy vegetable.

Nutrition Information

Green peas are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid, $\frac{1}{2}$ cup of canned peas provides $\frac{1}{2}$ cup of vegetables from the vegetable group.

A typical person should try to eat $2\frac{1}{2}$ cups of vegetables every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

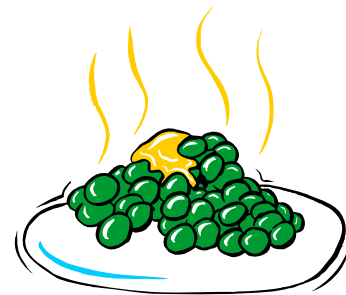
Store opened green peas in a tightly covered plastic container in the refrigerator.

Use within 2 to 4 days!

Do not use canned peas if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Serve green peas heated or combine with other vegetables like carrots for a healthy side dish.
- ✓ Add green peas to your salad for added nutrients.
- ✓ Add green peas to macaroni and cheese for color.
- ✓ Add green peas to soups, stews, casseroles or main dishes.





Recipes



Pea and Cheese Salad

8 servings

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|---|--|
| 1 c. macaroni, uncooked | 2 T. light mayonnaise |
| ½ c. celery, chopped | 1 (15 oz.) can peas,
drained or 2 c. frozen
peas, thawed |
| ½ onion, chopped | |
| 8 oz. low-fat American
cheese, cubed | |

1. Cook macaroni according to package directions.
2. In a large bowl, combine all ingredients. Gently mix well.
3. Refrigerate until ready to serve.

Nutrition Information per Serving: Calories 210, Total Fat 4 g (6% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 10 mg (4% DV), Sodium 500 mg (21% DV), Total Carbohydrate 29 g (10% DV), Dietary Fiber 3 g (14% DV), Sugars 5 g, Protein 13 g, Vitamin A 25%, Vitamin C 15%, Calcium 20%, Iron 8%.



Tomato Beef Stew

4 servings

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|---|--|
| 1 lb. boneless chuck or
stew beef, cubed | ⅛ tsp. pepper |
| 2 c. tomato juice | 6 carrots, sliced ½-inch
thick |
| 1 c. water | 2 potatoes, cubed |
| 1 clove garlic, minced or
⅛ tsp. garlic powder | 1 c. peas, canned, frozen,
or fresh |
| ½ tsp. salt | |

1. Trim fat from meat.
2. In a large saucepan, combine meat, tomato juice, water, garlic, salt, and pepper. Bring to a boil.
3. Reduce heat. Cover and simmer for 2 to 2½ hours or until meat is tender.
4. Add carrots and potatoes. Cover and simmer for about 30 minutes or until vegetables are almost tender.
5. Add peas. Cover and simmer until all vegetables are tender. If soup is too thick, add a little water.
6. Serve hot.

Nutrition Information per Serving: Calories 530, Total Fat 24 g (37% DV), Saturated Fat 9 g (47% DV), Cholesterol 115 mg (38% DV), Sodium 810 mg (34% DV), Total Carbohydrate 39 g (13% DV), Dietary Fiber 7 g (29% DV), Sugars 12 g, Protein 38 g, Vitamin A 290%, Vitamin C 80%, Calcium 8%, Iron 35%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>

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This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP).
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