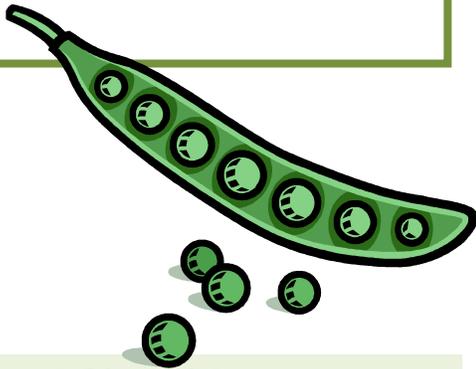


# Delicious recipeas

## Roasted Snap Peas with Red Onion

¼ red onion, chopped  
2 teaspoons olive oil  
¼ teaspoon salt  
2 pieces cooked bacon, crumbled

Preheat oven to 475F. Toss peas, onion, oil, salt and pepper in a medium bowl. Transfer to a baking sheet and spread in a single layer. Toast in the oven, stirring once halfway through, until the peas are tender and beginning to brown slightly, 12-14 minutes. Serve warm, sprinkled with bacon if desired.



## Minted Peas and Rice with Feta

Adapted from Eating Well magazine  
Makes 4 servings, ¾ C each

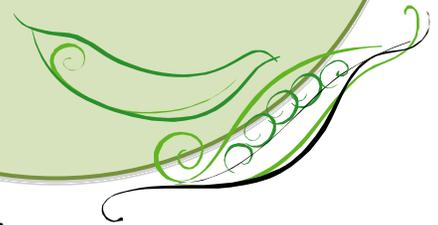
1 ¼ C reduced-sodium chicken broth  
¾ C instant brown rice  
1 ½ C frozen peas (6 ounces)  
¾ C sliced scallions (green onions)  
¼ C finely crumbled feta cheese  
¼ C sliced fresh mint (or other herb of your choice)  
Pepper to taste

Bring broth to a boil in a large saucepan over high heat. Add rice and bring to a simmer; cover, reduce heat to medium-low and cook for 4 minutes. Stir in peas and return to a simmer over high heat. Cover, reduce heat to medium-low and continue to cook until the peas are hot and the rice has absorbed most of the liquid, about 6 minutes. Remove from heat and stir in scallions, feta, mint and pepper. Cover and let stand until the liquid is absorbed, 3 to 5 minutes.

Peas are easy to add to other foods.

Add peas to:

- Tuna or chicken salad
- Pasta salad
- Pasta sauce
- Green salad
- Soups
- Stews
- Casseroles
- Stir fry



## Ham and Brown Rice

From the Healthy Homemade 2010 Nutrition and Fitness Calendar by Iowa EFNEP

1 14-ounce can low sodium chicken broth  
2 ½ cups cooked chopped ham  
½ teaspoon minced garlic  
1 ½ cups uncooked instant brown rice  
½ teaspoon ground black pepper  
2 cups frozen peas  
Optional: 2 tablespoons grated Parmesan cheese

In a skillet, combine broth, ham, and garlic. Heat to boiling. Stir in rice and black pepper. Reduce heat to a simmer, cover and cook for 10 minutes. Uncover; add peas and cook about 4 minutes more until rice is tender and peas are hot. Sprinkle Parmesan cheese on top if desired. Serve immediately. If desired, this recipe is easy to double and freeze, so you'll have extra for a future meal.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## Distinguishing between the different types of peas



### Garden peas

Firm, rounded pods  
Pods are very fibrous and cannot be eaten  
Only eaten shelled (peas taken out of the pod)  
95% of garden peas are sold frozen or canned

### Snow peas

The pod is translucent  
You can see the shape of the peas inside the pod  
Never shelled  
Thin pod

### Sugar snap peas

Cross between garden and snow pea  
Edible pods  
Never shelled  
Pods are not fibrous