



10 WAYS TO PREPARE SPRING PEAS

1. For a child-friendly snack, use frozen peas to make fritters
2. Prepare frozen peas and serve with butter and parmesan
3. Add frozen peas to your favorite pasta dish, or even try it in mac and cheese
4. Use frozen peas to make a curry such as matar paneer, matar masala, or aloo matar
5. Make a homemade pesto or guacamole with frozen peas
6. Add frozen peas or chopped snow peas to soup or stew
7. Make a stir fry with snow peas, 1-2 other vegetables, rice or noodles, and a protein source (chicken, beef, tofu, etc.)
8. For a quick snack, eat some raw snap peas with hummus
9. Add frozen peas to Mexican rice for a pop of sweetness
10. Sauté sugar snap peas with garlic, olive oil, and fresh lemon zest for a snack or a side dish

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SPECTACULAR SPRING PEAS

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This month's spotlight is on peas, one of the many vegetables in season during springtime. If you're looking to add variety to your family's meals, try preparing different dishes with the three most common types of peas: English, sugar snap, and snow peas!

English peas (also known as shelling or garden peas) can be purchased fresh or frozen. If fresh, the inner peas must be removed from the round, outer pod. These peas have a sweet flavor and can be eaten raw or cooked.

Sugar snap peas have a crunchy texture and sweet flavor. Unlike English peas, the entire pod is edible. They can be eaten raw or cooked.

Snow peas are relatively flat in shape and mildly flavored. Similar to snap peas, the entire pod can be eaten. Snow peas can be eaten raw or cooked.

All three peas are an excellent source of two major antioxidants (vitamins A and C), which support a healthy immune system. Vitamin A is also important for eye health and vision, while vitamin C supports healthy skin, teeth, and gums. Peas are also rich in vitamin K, which helps build and maintain strong bones.

Playing with Peas: Activities to Introduce Peas to Picky Eaters

- Thaw a cup of frozen peas and use them to make shapes or letters with your child. You can also make faces by using sugar snap or snow peas for the mouths, ears, or hair.
- Explore peas through touch and sound by popping them from their pods with your fingers. This activity works best with fresh English peas.
- While playing with the peas, encourage your child to describe them using neutral words like "green", "sweet", "round", "soft", or "firm".

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