



Peas, Green, Low-Sodium, Canned

MyPlate Food Group: Veggie

Nutrition Information

- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Peas are an important source of many nutrients including protein, fiber, vitamin A, calcium, and iron. S

Uses & Tips

- Canned green peas are safe and ready to eat out of the can. Just heat and serve!
- Canned green peas are a great shortcut in the kitchen. Keep them on hand to add more flavor, color, and important vitamins and minerals to any meal—no matter the season!
- Dress up boxed mac and cheese or noodles by adding a cup of green peas.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.

Storing Foods at Home

- Store unopened cans of green peas in a cool, clean, dry place.
- Store remaining opened green peas in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD BANK



Garden Pea Soup

Makes 6 servings

Directions: Wash hands with soap and water.

Ingredients:

- $\frac{3}{4}$ cup onion, sliced
- 1 clove garlic
- 1 tablespoon butter
- 2 cans (15.5 ounces each) low-sodium peas
- 1 cup low-fat milk
- $\frac{1}{2}$ cup reduced-fat, low-sodium chicken broth
- 1 teaspoon dried parsley (optional)
- $\frac{1}{8}$ teaspoon ground pepper

1. In a large saucepan, cook onion and garlic in butter until soft.
2. Place in blender with 1 can of peas and milk. Cover and blend until smooth. Note: If no blender is available, use a potato masher or spoon to mash up ingredients.
3. Pour into saucepan. Place the remaining can of peas and remaining ingredients in the blender.
4. Cover and blend until smooth. Use a potato masher if no blender is available.
5. Add to saucepan. Simmer 15 minutes. Do not boil.
6. May be served hot or cold.

Recipe adapted from The Arizona Commodity Supplemental Food Program