



# Taste Test: Pea Pod

Green pea is a legume. Legumes are plants that bear fruit in the form of pods enclosing the fleshy seeds we know as beans. Pea pods come in many different varieties like snow peas, snap peas and garden peas; the pod of snap and snow peas are the sweetest tasting. When eaten with the pod, green peas are very crunchy and sweet tasting.

## Food Fact!

Green peas are very high in vitamin C, high in vitamin K, folate, manganese and fibre. They are also a source of zinc, magnesium, phosphorus and vitamin B<sub>6</sub>.<sup>1</sup>

½ cup of pea pods is **1 serving of vegetables** from Eating Well with Canada's Food Guide.

## How to Choose:

- ❖ Look for pods that are firm, velvety, smooth and a vibrant green color
- ❖ Avoid pea pods that are too dark or light, have black speckles, or are bruised at all

## How to Store:

- ❖ Refrigerate washed pea pods immediately after bringing them home from the grocery store to keep the peas tasting crunchy and sweet

## How to Prepare Pea Pods:

- ❖ When eating the whole pea pod simply take out of the fridge, run the pea pods under cold water and enjoy
- ❖ Shell peas immediately before using. Boil (2-3 minutes - use the minimum amount of water needed). Do not add salt, as they'll toughen up. Steam 1-2 minutes.

## Ideas for Serving Pea Pods:

- ❖ Add fresh peas to any salad
- ❖ Add pea pods to your stir fry
- ❖ Eat raw, along with other veggies with your favorite veggie dip

## I TRIED IT!

My Rating (circle one):



Would you like to try pea pods again?

- YES  
 NO

## NOTE:

Eating Well with Canada's Food Guide recommends: **5 servings** of vegetables and fruit per day for children between the ages of 4-8 years and **6 servings** of vegetables and fruit per day for children between the ages 9-13 years.

## Snap Peas with Ginger and Garlic

Makes 6 servings

### Ingredients:

- 1 Tbsp olive oil
- 2 shallots, thinly sliced
- 1 Tbsp finely chopped peeled fresh ginger
- 1 garlic clove, finely chopped
- 3/4 pound sugar snap peas, trimmed
- 1/2 cup water



### Directions:

1. Heat oil in a large skillet or wok over moderately high heat until hot but not smoking, then sauté shallots, ginger, and garlic, stirring, 1 minute.
2. Add peas and sauté, stirring for two minutes. Add water and simmer, stirring occasionally, until peas are crisp-tender, about 2 minutes. Season with pepper and salt.

Recipe from: <http://www.cooklocal.com/2010/06/16/ginger-garlic-snap-peas/>

This recipe provides: 1.5 food guide serving of vegetables and fruit per serving