

PEAS



TRY THIS

- Add peas to soups, salads, casseroles, and rice dishes.
- Serve fresh snow and sugar snap peas with hummus or low-fat dip for a quick, healthy snack.
- To remove strings from snow peas and sugar snap peas before using, score or cut the ends and pull the strings along the curved sides.

BUYING OR STORING

- Select fresh green peas that are firm, plump, and bright green.
- Store fresh green peas in the refrigerator unwashed, in an open plastic bag for up to three days.
- Wash all fresh fruits and vegetables before using.

GUACAMOLE WITH GREEN PEAS

Time: 15 minutes | Makes: 6 servings | Serving Size: ¼ cup

Nutrition Information Per Serving: Calories 58, Carbohydrate 6g, Dietary Fiber 3g, Protein 2g, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 126mg

INGREDIENTS

1 large avocado

1 cup green peas, fresh, or frozen
cooked according to package
directions and cooled

2 tablespoons lime juice or
1 medium lime, juiced

¼ teaspoon kosher salt

1 clove garlic, minced,
1 teaspoon chopped jarred garlic,
or ½ teaspoon garlic powder

INSTRUCTIONS

1. Cut avocado in half lengthwise, turn to cut around pit, twist open, and discard pit.
2. Score avocado flesh into cubes in skin.
3. Remove flesh with spoon and place with all ingredients in blender, food processor, or mixing bowl.
4. Blend, pulse, or mash with fork until chunky but combined.
5. Taste and adjust seasonings as desired. Serve immediately.

CHANGE IT UP

- Add ½ seeded and diced jalapeño for extra flavor and heat.
- Top with fresh cilantro and a dollop of Greek yogurt.
- Add diced peaches or pears.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.