

## Green Peas, No Salt Added, Frozen

MyPlate Food Group: **Vegetable**



### Product Description

- Frozen peas are U.S. Grade B or better.
- Frozen peas are a low-sodium food.
- Frozen peas are high in fiber, Vitamin A, and Vitamin C.

### Storage

- Store unopened frozen peas in the freezer.
- For best quality, store unused portion (after opening) in a sealed air-tight container or freezer safe bag to keep out moisture and reduce freezer burn.

### Uses and Tips

- Frozen peas are individually-quick frozen, which means, you can open the package, take as much or as little as needed, close the bag and put the rest back in the freezer.
- Frozen peas may be stuck together when removed from the freezer. Use your hands to break the peas apart before taking out the amount needed.
- Frozen peas can be thawed in the refrigerator or they can be thawed during cooking.
- Always cook frozen peas according to the cooking instructions on the package before serving, even if the peas will be eaten cold. Use frozen peas in salads, stews, soups, or a stir-fry.

### Nutrition Information

- 1/2 cup of frozen peas counts as 1/2 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 1/2 cups of vegetables.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

### Nutrition Facts

Serving size: 1/2 cup (67g) green peas, frozen, without salt

#### Amount Per Serving

**Calories** 52      **Calories from Fat** 0

#### -% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 73mg	<b>3%</b>	
<b>Total Carbohydrate</b> 9g	<b>5%</b>	
Dietary Fiber 3g	<b>12%</b>	
Sugars 3g		
<b>Protein</b> 4g		
Vitamin A 28%	Vitamin C	13%
Calcium 2%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Easy Tuna and Peas

Makes about 4 servings

### Ingredients

1/2 pound egg noodles (dry)  
1/2 can cream of mushroom soup (about 10 ounces)  
1 can tuna (drained, about 12 ounces)  
1 cup frozen peas

### Directions

1. Cook noodles according to package directions and drain.
2. In a medium-size saucepan, heat mushroom soup until hot. Stir in tuna and peas. Cook about 5 minutes, or until peas are tender.
3. Pour over cooked egg noodles and serve.

*SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.*

## Green Pea Soup

Makes about 8 servings

### Ingredients

1 1/2 cups frozen green peas  
1 tablespoon olive oil  
1 teaspoon cumin  
2 teaspoon garlic  
1 onion, small, minced  
4 cups chicken broth  
Salt and pepper to taste

### Directions

1. Place the olive oil in a large soup pot over medium-high heat.
2. Add the onion, cumin, and garlic and sauté until golden, about 2-3 minutes.
3. Add the rest of the ingredients and mix well. Bring to a boil and then lower the heat to a simmer. Cook covered until the peas are tender, about 20-30 minutes.
4. Remove from heat and carefully put soup mixture in a blender and puree. TIP. Do not place the blender lid on firmly. Leave a small opening to allow the steam to escape.
5. Serve hot.

### Tip

This soup is great for lunch or dinner. Try serving it with a salad.

*Recipe adapted from the Food Network.com.*