



## Peas, Green, No Salt Added, Frozen

MyPlate Food Group: **Vegetable**

### Nutrition Information

- 1 cup of frozen green peas counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- 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.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Starchy vegetables like peas contain carbohydrates which give you energy. Peas are an important source of many nutrients including protein, fiber, vitamin A, calcium, and iron.

### Uses and Tips

- Frozen peas can be used in a variety of ways and help to cut down the time it takes to prepare a meal. They can be added to soups, chilis, and casseroles.
- Keep frozen peas on hand to add more flavor, color, and important vitamins and minerals to any meal no matter the season!

### Storing Foods at Home

- Store unopened frozen peas in the freezer.
- After opening, store unused frozen carrots in the freezer in a sealed air-tight container or a freezer safe bag to keep out moisture and reduce freezer burn.

### 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. For example, replace chips with crunchy carrots, celery, or cucumbers.
- 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.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- 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.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Layered Pea Salad

Makes 16 servings

#### Ingredients:

4 cups, fresh spinach, chopped  
4 cups, fresh romaine lettuce, chopped  
1 cup sunflower seeds  
5 hard-boiled eggs, chopped  
½ cup green onions, chopped  
¾ cup light mayonnaise  
1 cup non-fat Greek plain yogurt  
1 tablespoon fresh lemon juice  
2 cups frozen peas, thawed  
1 ½ cups cheddar cheese, shredded  
salt and pepper, to taste

**Directions:** Wash hands with soap and water.

1. In a large bowl layer spinach, lettuce, sunflower seeds, eggs, and onions.
2. Spread thawed peas over the top of salad layers.
3. In a small bowl, mix mayonnaise, Greek yogurt, and lemon juice. Add salt and pepper, to taste.
4. Spread yogurt mixture evenly over peas.
5. Sprinkle cheese evenly over yogurt mixture.
6. Cover and chill for 12 hours before serving.
7. Garnish with extra green onion and sunflower seeds, if desired.

*Recipe adapted from Oregon State University/Linus Pauling Institute*

### Easy Chicken and Dumplings

Makes 6 servings

#### Ingredients:

3 cups chicken broth  
1 pound boneless, skinless chicken breasts, diced  
1 small yellow onion, diced  
2 large carrot, sliced  
3 celery ribs, sliced  
1 ½ teaspoons poultry seasoning  
1 ½ cups frozen peas  
1 cup biscuit mix  
½ cup skim milk

**Directions:** Wash hands with soap and water.

1. In a large stockpot, heat broth over medium-high and bring to a boil. Add chicken, onion, carrots, celery, and poultry seasoning. Simmer 8 to 10 minutes, or until chicken is no longer pink. Add peas and simmer 1 to 2 minutes.
2. In a small bowl, add biscuit mix and milk. Mix well until a soft dough forms.
3. Reduce heat to low. Spoon dough into stockpot. Cook uncovered 8 to 10 minutes or until dumplings are cooked through.

*Recipe adapted from Oklahoma Nutrition Information and Education Project*