



Peas

Lakota: omníča gmigmí

Pick it!

Peas are a member of the legume or bean family.

Pea plants develop pods that enclose fleshy seeds. Pod thickness depends on variety.

Fresh green peas should be refrigerated to keep their sugar from turning to starch making them less sweet.

Store in the refrigerator in a plastic bag for 2-3 days. Eat them as soon as possible.

Rinse and shell green peas in large pods right before cooking. Pull the string from the pod, open the pod, push out the peas.



Try it!

Peas can be eaten fresh or cooked by steaming, sautéing, or stir-frying.

Trim the stem from the snow peas prior to cooking.

Remove the string and stem end from small, flat, sugar snap peas prior to eating.

Wash before eating.

All cooking methods should be done quickly to retain as many nutrients as possible.



Types of Peas

Garden: smooth starch seeds in pods that is removed before eating, may be dried

Snap peas: pods low in fiber, snap pods and eat with peas inside

Snow peas: flat, tender pods, great in stir-fry



Did you know...

Niacin also known as Vitamin B3, helps the digestion system, skin and nerves. May be especially helpful for maintaining correct cholesterol levels.

Like it!

Sugar Snap Peas with Toasted Sesame Seeds

Ingredients

- 1 T peanut oil
- 3 mushrooms sliced (½ cup)
- 2 c sugar snap peas or snow peas – cut in half
- 1 t low sodium soy sauce
- 1-2 T toasted sesame seeds

Directions

Wash the peas and remove the ends and strings. Slice the mushrooms. Measure out the soy sauce and sesame seeds. Set aside. Heat oil in wok or large skillet. Use medium-high heat. Add mushrooms and stir-fry them until they are light brown. Add peas and stir-fry them until they are crisp-tender. About 2 minutes. Add the soy sauce. Stir. Cover and cook for one more minute. Sprinkle with toasted sesame seeds.

Yield 4 servings

Nutrition Facts per Serving:
Calories 90; Fat 6g; Cholesterol 0mg; Sodium 115mg;
Carbohydrates 8g; Fiber 2g; Sugar 3g; Protein 3g

Couscous with Peas and Onions

Ingredients

- 1 cup onion (finely chopped)
- ½ teaspoon sage (ground)
- 1 teaspoon olive oil
- 1 ⅓ cup water
- 1 cup green peas (frozen)
- 1 cup couscous
- Salt (½ teaspoon, optional)

Directions

Combine oil and onions in heavy skillet. Sauté for 5-10 minutes until lightly browned. Add the peas, sage, water, couscous, and salt if desired. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed. Fluff with fork.

Yield 4 servings

Nutrition Facts per Serving:
Calories 205; Fat 1g; Cholesterol 0mg; Sodium 37mg;
Carbohydrate 40g; Fiber 5g; Sugar 4g; Protein 7g

Lakota word translated by Jeshua Estes.

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