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Peas

Lakota: omníča gmigmí

- Peas are members of the legume/bean family.
- Pea plants develop pods that enclose fleshy seeds. Pod thickness depends on variety.
- Refrigerate fresh green peas to keep sugars from turning to starch.
- Store in fridge in plastic bag for 2-3 days. Eat them as soon as possible.
- Peas are eaten fresh or cooked by steaming, sautéing, or stir-frying.
- If pods are large, shell peas before cooking. Edible pods - trim the stem before cooking. Small flat snow peas remove string and stem end.
- Cooking quickly, as in stir-fry, retain nutrients.

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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