



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Peas

Lakota: omníča gmígmí



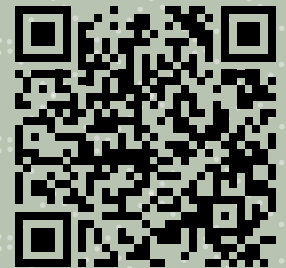
Pick it!

Pea plants develop pods that enclose fleshy seeds. Thickness depends on the variety.

Try it!

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

Like it!



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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Spring



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.



Try it!

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

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

Trim the stem from snow peas prior to cooking.

For snap peas, remove the string and stem prior to eating.

Wash before eating or cooking.

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



Types of Peas

Garden: Smooth starchy seeds in pods that are 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 Tablespoon peanut oil
- 3 mushrooms; sliced (about ½ cup)
- 2 cups sugar snap peas or snow peas; washed and halved
- 1 teaspoon low sodium soy sauce
- 1-2 Tablespoon(s) toasted sesame seeds

Directions

1. Heat oil in wok or large skillet using medium-high heat.
2. Add mushrooms and stir-fry them until they are light brown.
3. Add peas and stir-fry them until they are crisp-tender, about 2 minutes.
4. Add the soy sauce, stir. Cover and cook 1 more minute.
5. Sprinkle with toasted sesame seeds and serve.

Yields 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 ground sage
- 1 teaspoon olive oil
- 1 ⅓ cup water
- 1 cup frozen green peas
- 1 cup couscous
- ½ teaspoon salt, optional

Directions

1. Combine oil and onions in a heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous and salt, if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green. All the water should be absorbed. Fluff with a fork.

Yields 4 servings

Nutrition Facts per Serving:
Total Calories 205; Total Fat 1g, Saturated Fat 0g;
Cholesterol 0mg; Sodium 40mg; Carbohydrates 50g,
Dietary Fiber 5g, Total Sugars 4g, Added Sugars included
0g; Protein 8g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/couscous-peas-and-onions

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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Peas

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- 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 using garden green peas, shell before cooking.
- Edible pods - trim the stem before cooking.
- Snow peas remove string and stem end.
- Cook quickly to retain nutrients.

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Sugar Snap Peas with Toasted Sesame Seeds

Ingredients

- 1 Tablespoon peanut oil
- 3 mushrooms; sliced (about ½ cup)
- 2 cups sugar snap peas or snow peas; washed and halved
- 1 teaspoon low sodium soy sauce
- 1-2 Teaspoon(s) toasted sesame seeds

Directions

1. Heat oil in wok or large skillet using medium-high heat.
2. Add mushrooms and stir-fry them until they are light brown.
3. Add peas and stir-fry them until they are crisp-tender, about 2 minutes.
4. Add the soy sauce, stir. Cover and cook 1 more minute.
5. Sprinkle with toasted sesame seeds and serve.

Yields 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 ground sage
- 1 teaspoon olive oil
- 1 ⅓ cup water
- 1 cup green frozen peas
- 1 cup couscous
- ½ teaspoon Salt, optional

Directions

1. Combine oil and onions in a heavy skillet.
2. Sauté for 5-10 minutes, until lightly browned.
3. Add the peas, sage, water, couscous and salt, if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green. All the water should be absorbed. Fluff with a fork.

Yields 4 servings

Nutrition Facts per Serving:

Total Calories 205; Total Fat 1g, Saturated Fat 0g; Cholesterol 0mg; Sodium 40mg; Carbohydrates 50g, Dietary Fiber 5g, Total Sugars 4g, Added Sugars included 0g; Protein 8g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/couscous-peas-and-onions



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In season:



Spring

Peas

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Sampling Display Instructions

Sugar Snap Peas with Toasted Sesame Seeds

| Ingredients | 24 Samples | 32 Samples | 48 Samples |
|--------------------------------------|-----------------|-----------------|---------------|
| Samples: 2 Pea Pods serving. | | | |
| Peanut oil | 1 Tablespoon | 1 ½ Tablespoons | 2 Tablespoons |
| Mushrooms, sliced | 4 mushrooms | 5 mushrooms | 7 mushrooms |
| Sugar snap peas or snow peas, halved | 2 ½ cups | 3 cups | 4 ½ cups |
| Low-sodium soy sauce | 1 ½ teaspoons | 2 teaspoons | 3 teaspoons |
| Toasted sesame seeds | 1-2 Tablespoons | 2 Tablespoons | 3 Tablespoons |

Directions:

1. Wash the peas and remove the ends and strings. Wash and slice the mushrooms.
2. Heat oil in wok or large skillet over medium-high heat.
3. Add mushrooms and stir-fry them until they are light brown in color.
4. Add peas and stir-fry them until they are crisp-tender (about 2 minutes).
5. Add the soy sauce and stir, do not overcook. Sprinkle with toasted sesame seeds. Transfer to warmed slow cooker for transport.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)
youtube.com/watch?v=D1mLTFyKQWw



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using small cups and forks. Ask parent's permission before giving children a sample.
- Ask them if they use peas often in their meals. Ask if they could use this recipe.
- Remind them that beef or chicken can be added to this recipe to make a great stir-fry.
- Lakota word translated by Jeshua Estes

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Sampling Display Instructions

Couscous with Peas and Onions

| Ingredients | 24 Samples | 32 Samples | 48 Samples |
|------------------------------------|------------|-------------------------|-------------|
| Samples: 2 Tablespoons per serving | | | |
| Onion, chopped | 1 cup | 1 ½ cups, 2 tablespoons | 2 cups |
| Sage, ground | ½ teaspoon | ¾ teaspoon | 1 teaspoon |
| Olive oil | 1 teaspoon | 1 ½ teaspoons | 2 teaspoons |
| Water | 1 ⅓ cups | 2 cups | 2 ⅔ cups |
| Peas | 1 cup | 1 ½ cups | 2 cups |
| Couscous | 1 cup | 1 ½ cups | 2 cups |
| Salt, optional | ½ teaspoon | ¾ teaspoon | 1 teaspoon |

Directions:

1. Combine oil and onions in heavy skillet. Sauté for 5-10 minutes until lightly browned.
2. Add the peas, sage, water, couscous and salt, if desired.
3. 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, do not overcook. Fluff with fork.
4. Transfer to warmed slow cooker for transport.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtube.com/playlist?list=PLlIdDb7lZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using small cups and spoons. Ask parent's permission before giving children a sample.
- Ask them if they use peas often in their meals. Ask if they could use this recipe as a side dish.
- Lakota word translated by Jeshua Estes

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