

VEGETABLE of the MONTH

Cooking for Kids

Double Pea and Feta Salad

Serves: 6

Ingredients:

1 lb. sugar snap peas
1 bag frozen green peas
1/4 c. thinly sliced red onion
1/4 c. mint leaves
2 1/2 tbsp. extra-virgin olive oil
kosher salt
Freshly ground pepper
3/4 c. mild feta cheese
1/4 c. toasted pine nuts
(optional)

Directions:

1. Bring a large saucepan of lightly salted water to a boil; add sugar snap peas and green peas. When water returns to a boil, cook 1½ to 2 minutes, until sugar snaps are crisp-tender. Drain in a colander; refresh under cold running water. Drain peas well (blot with a paper towel).

2. Place peas in a large serving bowl with remaining ingredients except feta and pine nuts; toss until coated. Gently stir in feta and pine nuts, if using.

Recipe by www.delish.com

Books

Little Pea

by Amy Krouse Rosenthal

Princess and the Pea

by Lauren Child and Polly Borland

Sweet and snappy Sugar Snap Peas



Just the Facts

→ Sugar snap peas are edible-podded peas, so you can enjoy the whole thing!

→ Cook sugar snap peas for under 2-3 minutes to preserve their crunchy texture and sweet flavor.

→ Sugar snap peas are a cross between English shelling peas and Chinese snow peas

→ Sugar snap peas are legumes, legumes are a farmer favorite because they keep their soil rich and healthy!

→ Sugar snap peas are high in dietary fiber and are a great source of vitamin C!

→ A ¾ cup serving of peas has more protein than an entire egg!

Did You Know?

You can enjoy sugar snap peas at school!

This delicious veggie is available on the salad bar!



Created by: The EPS Food & Nutrition Department

Activity: SUGAR SNAP PEAS

OH SNAP, the children need help finding their way to the
sugar snap peas!

