FoodLink

GREEN PEAS

Types

There are three main types of green peas: English, snap, and snow. **English Peas:** pods are too tough to be edible; peas must be shelled out. **Snap Peas:** pods are edible with fattened peas inside.

Snow Peas: pods are edible with flat peas inside.

Selection Info

Choose medium-size, bright green, firm pods with no sign of wilting or decay.

Preparation

Green shelling peas are sold either shelled or unshelled. Shelled peas are more expensive than unshelled, but they save you the time of shelling them yourself. To shell a pea gently squeeze the blossom end with your thumb and first finger on the seams. It should pop open at the seam. Then run your finger or thumb down the the inside of the pod to release the peas as the seam unzips. Discard the pod. Do not confuse green peas for shelling with snap peas or snow peas, which have edible pods. By snapping off stems and removing the stringy spines on both sides of the pod. Before eating these peas, snap off stems and remove the stringy spines on both sides of the pod, and enjoy the whole pod. Green peas are extremely versatile in the kitchen. They can be added cooked or raw to any casserole, stir-fry, sauté, rice

or noodle dish, soup, or salad. Cooking times vary greatly depending on when the green peas were harvested. Young, small ones require less cooking than older, starchy ones.

Raw: Although a bit starchy, fresh green peas can be eaten raw. They make a nice quick snack or an addition to any salad. **Steam:** In a saucepan bring about 1 inch of water to a boil, place steaming basket in the pan, slowly add peas to the steaming basket, and cover with a lid. Steam for about 2 minutes, if frozen it may take a few minutes longer.

Boil: Boil water in a saucepan (enough to cover peas) add peas, lower heat to medium, and cook for about 2 minutes.

Microwave: Place shelled peas in a microwave-safe container with 2 table-spoons of water in the bottom. Microwave on high in a covered container, checking every 2 minutes for doneness. Add butter and salt to taste.

Storage

Short-Term Storage: Shell the peas upon getting home from market. This will save room in your refrigerator and time at meal prep. Keep shelled peas in a plastic bag in the refrigerator. Use as soon as possible, as peas tend to become more starchy over time. Snap and snow peas do not need to be shelled.

Long-Term Storage: Green peas can be frozen, canned, or dried. To freeze, blanch peas by cooking them in boiling water for 2 minutes, then plunge them into cold water to halt the cooking process. Allow them to dry on a lint-free towel and pack into freezer bags. Peas can be frozen for up to 6 months.

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HERB-ROASTED CHICKEN WITH POTATOES AND PEAS

Ingredients

- 1 1/2 pounds potatoes (about 15, peeled and cut in half — in quarters if large)
- 3 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 2 1/2 pounds bone-in, skin-on chicken thighs (about 8 thighs)
- 1 teaspoon caraway seeds
- 1 teaspoon dry mustard
- 1 cup fresh green peas
- 2 tablespoons fresh lemon juice (plus lemon wedges for serving)
- 2 tablespoons fresh dill (chopped)

Directions

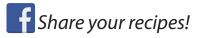
- 1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss them with the oil and 1/2 teaspoon each of salt and pepper.
- 2. Season the chicken with the caraway seeds, mustard, and 1/4 teaspoon each of salt and pepper.
- Nestle the chicken skin side up in the potatoes and roast until the potatoes are tender and an instantread thermometer inserted in each thigh registers 165°F (about 25-30 minutes). Toss the potatoes once during cooking (about 15 minutes after placing them in the oven).
- 4. Add the peas to the chicken and potatoes and continue to roast until warmed through (about 2 to 3 minutes).
- 5. Remove from oven and drizzle with lemon juice.
- 6. Sprinkle with the dill and serve with the lemon wedges.







Learn more about GREEN PEAS by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=green peas.



Nutrition Information

Se	erving Size	¼ of recipe	
Tc Pr Ca Di Tc Tc Sa	utrients otal Calories otein arbohydrates ietary Fiber otal Sugars otal Fat aturated Fat polesterol	Amount 638 44g 36g 4g 2g 34g 8g 140mg	% Daily Value 12 16 52 40 47
M Ca So	inerals alcium odium	140mg 35mg 537mg 5mg	47 4 22 28
VitaminsVitamin A81 mcg RAEVitamin C25mg42			

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