

PEAS, SHELLED



Peas can be served in a variety of ways. Often, they are served steamed or boiled as a vegetable side dish. They are also a delicious colorful addition to pasta, rice, and potato dishes.

Shelled peas are a **STARCHY** vegetable, and are high in vitamin K. They are a good source of vitamin C, fiber, thiamin, and folate. If a pea pod is left on the vine until after the pods dry up, they are lower in sugar and higher in protein and starch.

FUN FACT :

Peas are green because they are picked when they are still immature. A ripe pea is actually yellow! In the 1600s it became trendy to eat peas while they were still green. Peas like to grow in cool weather and are a good spring crop for school gardens. Fresh peas from the garden are sometimes so sweet and delicious that they get eaten **BEFORE** they make it to the kitchen.

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<p>Safety:</p>	<p>Peas should be rinsed under running water before shelling. Peas should stay in the pod until the time of use.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
<p>Yield:</p>	<p>For 100, ½ cup servings of fresh green shelled peas, purchase 19 lbs.</p> <p>Fresh peas in shell, like those fresh from a school garden, vary in weight. Weigh after shelling for accurate yield.</p>
<p>Quality:</p>	<p>Peas should be bright green in color and otherwise free of blemishes or yellow. They should be firm to the touch and not rattle if they are shaken. Pods should look full, but not crowded. Pods that are overcrowded or have shells that look dry or wrinkled are too mature.</p>
<p>Storage:</p>	<p>Peas lose sweetness and get starchier the longer they are stored, so use them as soon as possible. Fresh peas may be stored at 41° F for up to one week or 32° F for up to two weeks.</p>
<p>Preparation:</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Open the pod along the seam.</p> </div> <div style="text-align: center;">  <p>Peas should be rinsed under running water. Sugar snap peas may be served raw and should be kept in the pod (see Peas with edible pods cooking sheet).</p> </div> <div style="text-align: center;">  <p>Peas may be cooked by sautéing, steaming, or microwaving. Lightly steam or blanch shelled peas then quickly chill them in ice water for use on salad bars.</p> </div> </div>
<p>Seasonings:</p>	<p>Peas are delicious with many seasonings, including dill, turmeric, salt & pepper, olive oil, garlic, onion, curry, and mint.</p>