



Sweet Peas are the Harvest of the Month!

Add sweet peas to your favorite family meals:

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose sugar snap peas that are bright green and firm.

Store – For the sweetest flavor, serve peas as soon as possible. Refrigerate in a perforated plastic bag and use within 2 days.

Prepare – Rinse and trim both ends.

Did you know?

Peas are seeds! There are three main kinds of peas that we eat: green (or garden) peas, sugar snap peas, and snow peas. With sugar snap peas and snow peas you can eat the whole pod!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

**Check out
the video**



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Recipe of the month

Pea Guacamole Serves 12

Ingredients:

- 2 cups frozen peas
- 2 tablespoons lime juice
- 1/2 cup grape tomatoes, halved
- 1/4 cup red onion, chopped
- 1 can green chilies, drained, diced (4 oz)
- 3 tablespoons cilantro (chopped)
- 1 clove Fresh garlic, minced
- 1/4 teaspoon black pepper
- salt (to taste, optional)

Directions:

Wash hands with soap and water. Cook peas according to package directions. Mash peas until smooth. Add the lime juice, tomato, onion, green chilies, cilantro, garlic, salt (if using), and black pepper. Mix well. Serve with an assortment of raw vegetables and whole-grain tortilla chips.

Per serving: 27 calories, 0g fat, 2g protein, 5g carbohydrate, 2g fiber, 57 mg sodium

Source: laxf2s.org



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