



## 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

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

## Recipe of the month

### Quick Pad Thai Serves 6

#### Ingredients:

- 6 ounces whole wheat thin spaghetti
- 2 tablespoons vegetable oil, divided
- 24 ounces frozen vegetable snap pea mix or chopped fresh veggies
- 3 tablespoons light soy sauce
- 1/4 cup water
- 1/4 cup peanut butter
- 2 tablespoons sugar
- 1/2 pound boneless chicken breast, cut into bite-sized pieces
- 3 eggs
- 1/3 cup chopped peanuts

Per serving: 420 calories, 18g fat, 24g protein, 45g carbohydrate, 9g fiber, 450mg sodium

Source: laxf2s.org

#### Directions:

Cook spaghetti according to package directions. Drain in colander and toss with 1 tablespoon oil. Defrost vegetables in microwave for 5 minutes and drain well (as spaghetti cooks). Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth and set aside. Heat 1 tablespoon of oil in large skillet over medium high heat. Add chicken pieces and cook and stir until no longer pink (heat chicken to at least 165°F). Crack eggs into a small bowl and beat. Add to pan with chicken and scramble until firm. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through. Add the soy sauce mixture to the pan and stir to coat veggies and spaghetti. Place in serving bowl and sprinkle peanuts on top.



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