



# Taste Test: Pea Pod

Green pea is a legume. Legumes are plants that bear fruit in the form of pods enclosing the fleshy seeds we know as beans. Pea pods come in many different varieties like snow peas, snap peas, and garden peas. Snap and snow pea pods are the sweetest tasting. When eaten with the pod, green peas are very crunchy and sweet.

## Food Fact

Green peas are very high in vitamin C, high in vitamin K, folate, manganese, and fibre. They are also a source of zinc, magnesium, phosphorus and vitamin B<sub>6</sub>.

### How to Choose:

- Look for pods that are firm, velvety, smooth, and a vibrant green color.
- Avoid pea pods that are too dark or light, have black speckles, or are bruised.

### How to Prepare:

- When eating the whole pea pod, simply run the pea pods under cold water, and enjoy.
- Shell peas immediately before using. Boil (2-3 minutes, use the minimum amount of water needed). Do not add salt because they'll toughen up. Steam 1-2 minutes.

### How to Store:

- Refrigerate washed pea pods immediately after bringing them home from the store. This keeps the peas crunchy and sweettasting.

### Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try pea pods  
again?

YES  NO

## Ideas for serving peas:

- Add fresh peas to any salad.
- Add pea pods to your stir fry.
- Eat raw, along with other veggies and your favorite veggie dip.

### Snap Peas with Ginger and Garlic

Makes 6 servings

#### Ingredients:

- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 1 tbsp finely chopped peeled fresh ginger
- 1 garlic clove, finely chopped
- ¾ pound sugarsnap peas, trimmed
- ½ cup water



#### Directions:

1. Heat oil in a large skillet over moderately high heat until hot but not smoking, then sauté shallots, ginger, and garlic, stirring for 1 minute.
2. Add peas and sauté, stirring for 2 minutes. Add water and simmer, stirring occasionally, until peas are crisp-tender, about 2 minutes. Season with pepper and salt.

Recipe adapted from <https://www.epicurious.com/recipes/food/views/sugar-snap-peas-with-ginger-and-garlic-104897>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>EaTracker.ca. Recipe Analyzer. [http://www.eattracker.ca/recipe\\_analyzer.aspx](http://www.eattracker.ca/recipe_analyzer.aspx) Accessed August 14, 2012.