

Harvest of the Month



April

Peas



The April Fruit of the Month is Pea!

Can you name a food that's part of the protein *and* fruit food group?

It's peas! Peas are a small, but mighty legume that are full of nutrients that keep your body healthy and energized. Keep reading to learn about peas and how to get the whole family to love them!

NUTRITION FUN FACTS:

Peas are an excellent source of vitamin K. They are also a good source of fiber, vitamin C, vitamin A, and folate.

Peas also contain lots of thiamin, also called vitamin B1. Vitamin B1 helps to keep the body's nerves and nervous system healthy

- **Fiber**—great for liver and digestive health
- **Vitamin A**—for cell health
- **Vitamin C**—a powerful antioxidant for your immune system
- **Folate**—important for red blood cell formation and healthy cell growth
- **Vitamin B6**—helps carry oxygen to the blood

Sugar Snap Peas with Toasted Sesame Seeds

Ingredients:

- 1 tablespoon peanut oil
- 3 mushrooms sliced (½ cup)
- 2 cups sugar snap peas or snow peas, cut in half
- 1 teaspoon low sodium soy sauce
- 1-2 tablespoons toasted sesame seeds



Directions:

Wash the peas and remove the ends and strings

Heat oil in a wok or large skillet on medium-high heat

Add mushrooms and stir-fry them until they are light brown

Add peas and cook until they are crisp-tender, about 2 minutes

Stir in the soy sauce

Cover and cook for one more minute

Sprinkle with toasted sesame seeds

Pea Salad with Radishes and Feta Cheese

Ingredients:

- 2 teaspoons cumin seeds
- 2 tablespoons fresh lime juice
- 2 teaspoons honey
- 1/4 cup extra-virgin olive oil
- 3 tablespoons chopped fresh dill
- 4 cups fresh shelled peas (from about 4 pounds peas in pods) or 1 pound frozen petite peas
- 1 bunch radishes, trimmed, halved, thinly sliced
- 1 cup crumbled feta cheese (about 4 ounces)
- 3 cups fresh pea tendrils, coarsely chopped, or pea sprouts* (optional)



Directions:

Heat small skillet over medium heat. Add cumin seeds and toast until aromatic and slightly darker, about 2 minutes. Cool; grind finely in spice mill. Whisk lime juice, honey, and cumin in small bowl. Gradually whisk in oil; stir in dill. Season dressing with salt and pepper. DO AHEAD Can be made 1 day ahead. Cover and chill. Bring to room temperature.

Cook peas in pot of boiling salted water until almost tender, about 5 minutes for fresh (or about 2 minutes for frozen). Drain; rinse under cold water, then drain well. Transfer to large bowl. Add radishes, feta, and dressing; toss. Season with salt and pepper. If using pea tendrils or sprouts, divide among bowls. Divide salad among bowls. Serve.

