

## GREEN PEAS

## Types

There are three main types of green peas: English, snap, and snow.  
**English Peas:** pods are too tough to be edible; peas must be shelled out.  
**Snap Peas:** pods are edible with fattened peas inside.  
**Snow Peas:** pods are edible with flat peas inside.

## Selection Info

Choose medium-size, bright green, firm pods with no sign of wilting or decay.

## Preparation

Green shelling peas are sold either shelled or unshelled. Shelled peas are more expensive than unshelled, but they save you the time of shelling them yourself. To shell a pea gently squeeze the blossom end with your thumb and first finger on the seams. It should pop open at the seam. Then run your finger or thumb down the the inside of the pod to release the peas as the seam unzips. Discard the pod.  
 Do not confuse green peas for shelling with snap peas or snow peas, which have edible pods. By snapping off stems and removing the stringy spines on both sides of the pod. Before eating these peas, snap off stems and remove the stringy spines on both sides of the pod, and enjoy the whole pod. Green peas are extremely versatile in the kitchen. They can be added cooked or raw to any casserole, stir-fry, sauté, rice or

noodle dish, soup, or salad. Cooking times vary greatly depending on when the green peas were harvested. Young, small ones require less cooking than older, starchy ones.

**Raw:** Although a bit starchy, fresh green peas can be eaten raw. They make a nice quick snack or an addition to any salad.  
**Steam:** In a saucepan bring about 1 inch of water to a boil, place steaming basket in the pan, slowly add peas to the steaming basket, and cover with a lid. Steam for about 2 minutes, if frozen it may take a few minutes longer.  
**Boil:** Boil water in a saucepan (enough to cover peas) add peas, lower heat to medium, and cook for about 2 minutes.  
**Microwave:** Place shelled peas in a microwave-safe container with 2 table-spoons of water in the bottom. Microwave on high in a covered container, checking every 2 minutes for doneness. Add butter and salt to taste.

## Storage

**Short-Term Storage:** Shell the peas upon getting home from market. This will save room in your refrigerator and time at meal prep. Keep shelled peas in a plastic bag in the refrigerator. Use as soon as possible, as peas tend to become more starchy over time. Snap and snow peas do not need to be shelled.  
**Long-Term Storage:** Green peas can be frozen, canned, or dried. To freeze, blanch peas by cooking them in boiling water for 2 minutes, then plunge them into cold water to halt the cooking process. Allow them to dry on a lint-free towel and pack into freezer bags. Peas can be frozen for up to 6 months.



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## HERB-ROASTED CHICKEN WITH POTATOES AND PEAS

### Ingredients

- 1 1/2 pounds potatoes (about 15, peeled and cut in half — in quarters if large)
- 3 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 2 1/2 pounds bone-in, skin-on chicken thighs (about 8 thighs)
- 1 teaspoon caraway seeds
- 1 teaspoon dry mustard
- 1 cup fresh green peas
- 2 tablespoons fresh lemon juice (plus lemon wedges for serving)
- 2 tablespoons fresh dill (chopped)

### Directions

1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss them with the oil and 1/2 teaspoon each of salt and pepper.
2. Season the chicken with the caraway seeds, mustard, and 1/4 teaspoon each of salt and pepper.
3. Nestle the chicken skin side up in the potatoes and roast until the potatoes are tender and an instant-read thermometer inserted in each thigh registers 165°F (about 25-30 minutes). Toss the potatoes once during cooking (about 15 minutes after placing them in the oven).
4. Add the peas to the chicken and potatoes and continue to roast until warmed through (about 2 to 3 minutes).
5. Remove from oven and drizzle with lemon juice.
6. Sprinkle with the dill and serve with the lemon wedges.



Learn more about GREEN PEAS by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=green-peas>.

 Share your recipes!

Nutrition Information		
Serving Size	¼ of recipe	
<b>Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Total Calories	638	
Protein	44g	
Carbohydrates	36g	12
Dietary Fiber	4g	16
Total Sugars	2g	
Total Fat	34g	52
Saturated Fat	8g	40
Cholesterol	140mg	47
<b>Minerals</b>		
Calcium	35mg	4
Sodium	537mg	22
Iron	5mg	28
<b>Vitamins</b>		
Vitamin A	81 mcg RAE	
Vitamin C	25mg	42

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