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 inside of the pod to release the peas as the seam unzips. Discard the pod.

Do not confuse green peas for shellfish 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, you can shell out the peas with ease.

Place shelled peas in a microwave-safe container with 2 tablespoons 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 covering 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 tablespoons fresh dill (chopped)
- 2 tablespoons fresh lemon juice (plus 1/2 teaspoon lemon wedges for serving)
- 2 tablespoons fresh dill (chopped)
- 1 cup fresh green peas
- 1 teaspoon caraway seeds
- 3/4 teaspoon black pepper
- 3 tablespoons olive oil

**Directions**
1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss 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.

**Nutrition Information**

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<th>Serving Size</th>
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<tr>
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<td>28%</td>
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</tbody>
</table>

**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
- 3/4 teaspoon black pepper
- 3 tablespoons olive oil

**Directions**
1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss with the oil and 1/2 teaspoon each of salt and pepper.
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