



# Healthy Ways to Eat Canned Peas



Drain & rinsed canned peas to remove sodium (salt)

1. Get your daily dose of veggies by adding peas to soups, stews, salads, pastas and casseroles.
2. Mix peas into your mashed potatoes.
3. Add to mac & cheese or hamburger skillet meals for added nutrition.
4. Toss heated peas with a teaspoon of melted butter, a tablespoon of shredded cheese or parmesan, and a pinch of black pepper for an easy side dish.

## 5. Make Skillet Potatoes & Peas

### Ingredients:

3 cups potatoes (fresh or canned), chopped into bite-size pieces  
1 cup canned peas, drained & rinsed

2 Tablespoons oil  
2 cloves garlic, minced (or 1 tsp garlic powder)  
Salt & pepper to taste

### Directions:

1. Bring a large pot of salted water to a boil. Boil potatoes for 15 to 20 minutes (or until fork tender) and drain. If using canned potatoes, skip this step.
2. Heat oil in a large skillet over medium-high heat. Add potatoes and fry, stirring once every 3-5 minutes, until about half of them are golden brown, about 5-10 minutes.
3. Add the garlic and peas to the skillet and continue to sauté until fragrant and heated through.
4. Season the skillet with salt and black pepper to taste.

## 6. Make Chicken & Vegetable Fried Rice

### Ingredients:

1 tablespoon oil + 1 teaspoon oil  
2 garlic cloves, minced (or 1 teaspoon garlic powder)  
1 ½ cups cooked chicken  
(or 2 (5-oz.) cans chicken, drained)  
1 (15-oz.) can carrots, drained & rinsed  
4 tablespoons low sodium soy sauce

1 onion, chopped (or 1 tsp onion powder)  
1 teaspoon ginger, grated  
(or 1/4 teaspoon ginger powder) – optional  
1 (15-oz.) can peas, drained & rinsed  
4 cups cooked brown rice  
2-4 eggs, beaten lightly (optional)

### Directions:

1. Heat oil in a large pan over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes.
2. Add garlic, ginger, chicken and carrots. Cook for 2-3 minutes, stirring constantly, until fragrant.
3. Stir in rice and canned peas and drizzle with the soy sauce. Stir to combine and heat through.
4. If adding egg, push rice to the side of the pan and add 1 teaspoon of oil. Use a spatula to slightly scramble the egg. Toss the egg and rice together. Serve warm.

## 7. Make Simple Pasta with Peas

### Ingredients:

1 (16-oz.) box whole wheat pasta  
1 Tablespoon oil  
1 onion, chopped (or 1 tsp onion powder)  
2 cloves garlic, minced (or 1 tsp garlic powder)  
1 Tablespoon Italian seasoning (or other herbs)

1 (15-oz.) can spaghetti sauce or diced tomatoes  
1 (15-oz.) can peas, drained & rinsed  
Salt & pepper to taste  
Pinch of red pepper flakes (optional)  
½ cup parmesan cheese (optional)

### Directions:

1. Cook and drain pasta according to directions on package.
2. Heat oil in a pan over medium-low heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic and cook for 30 seconds longer. If using onion and/or garlic powder, skip this step.
3. Add the canned tomatoes/spaghetti sauce, herbs and red pepper flakes (if using). Cook until mixture begins to bubble. Cover and simmer for about 10 minutes.
4. Add the peas and pasta to the sauce. Add salt and pepper as needed. Top with parmesan if desired

## 8. Make Dressed Up Mac & Cheese

### Ingredients:

1 box Macaroni & Cheese  
¼ cup low-fat or fat free milk  
Black pepper to taste

1 (6-oz.) can chicken or tuna, drained  
1 (15-oz.) can peas, drained & rinsed  
½ teaspoon garlic powder (optional)

### Directions:

1. Cook pasta according to instructions on package. Drain and return to saucepan.
2. Add milk and contents of sauce packet to pan. Mix well and add chicken and peas.
3. Season with black pepper. Serve hot.

## 9. Make Pea Soup (Chilled or Warm)

### Ingredients:

1 tablespoon oil  
1 large onion, chopped  
1 garlic clove, minced or 1 tsp garlic powder  
3 cups canned peas, drained & rinsed  
2 cups chicken broth

1 teaspoon dried herbs  
(such as dill, tarragon, basil or parsley)  
½ teaspoon salt  
¼ teaspoon pepper  
½ cup plain low-fat or nonfat yogurt (optional)

### Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring occasionally, until soft.
2. Stir in peas, broth, herbs, salt and pepper. Bring the mixture to a boil. Reduce heat and simmer for 5 minutes. Remove from heat.
3. If you have blender, puree the soup in 2 batches until smooth. This step is optional.
4. Serve warm or cold. Top with a teaspoon of plain yogurt, if desired.

## 10. Make Creamed Salmon on Toast

### Ingredients:

3 Tablespoons butter  
3 Tablespoons all-purpose flour  
1 cup cold milk

1 (15-oz.) can salmon, drained and flaked  
1 (15-oz.) can peas, drained (liquid reserved)  
Salt and pepper to taste

### Directions:

1. In a saucepan or skillet, melt butter over medium heat. Whisk in flour, stirring constantly, until a paste is formed. Gradually add milk and liquid from peas, stirring constantly, until a smooth gravy is formed.
2. Stir salmon and peas into the sauce. Mix to combine. Cook until heated through.
3. Serve warm on top of whole grain toast.

## 11. Make Easy Shepherd's Pie

### Ingredients:

1 lb. lean ground turkey or beef  
1 onion, chopped  
1 (15-oz.) can peas, drained & rinsed  
1 (15-oz.) can carrots, drained & rinsed

1 (10-oz.) can cream of mushroom soup  
¼ teaspoon black pepper  
2 cups instant mashed potatoes, prepared according to package instructions

### Directions:

1. Preheat oven to 400°F.
2. In a skillet over medium-high heat, add ground meat and onions. Pour off any excess fat.
3. In a greased 13x9-inch casserole dish, combine beef mixture, peas, carrots, soup and pepper.
4. Spoon prepared potatoes over beef mixture.
5. Bake for 15 minutes or until potatoes are browned. Serve warm.

## 12. Make Noodle Casserole

### Ingredients:

1 (16-oz.) can diced tomatoes OR 1 (10-oz.) can cream of mushroom/chicken soup + ½ cup milk  
1 (15-oz.) can of peas, drained & rinsed

1 cup canned/pre-cooked chicken, tuna OR salmon  
2 cups whole wheat pasta or egg noodles  
1-2 teaspoons dried herb of choice

### Directions:

1. Preheat oven to 350°F. Cook and drain pasta according to package instructions.
2. Mix tomatoes/soup, peas, tuna and cooked noodles in greased 13x9-inch casserole dish.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

