



# HEALTHY WAYS CANNED PEAS



## Tips!

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Drain & rinse canned peas to reduce sodium (salt)

- Get your daily dose of veggies by adding peas to soups, stews, salads, pastas, and casseroles.
- Mix peas into your mashed potatoes, mac & cheese, or a hamburger skillet for added nutrition.

## RECIPES

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### Skillet Potatoes & Peas

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#### Ingredients:

3 cups potatoes (fresh or canned), chopped into bite size pieces	salt & pepper to taste
1 cup canned peas, drained & rinsed	2 tbsp oil
2 cloves garlic, minced (or 1 tsp garlic powder)	

#### Directions:

1. Bring a large pot of salted water to a boil. Boil potatoes for 15-20 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 pepper to taste.

### Chicken & Vegetable Fried Rice

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#### Ingredients:

1 tbsp oil + 1 tsp oil	1 onion, chopped (or 1 tsp onion powder)
2 garlic cloves, minced (or 1 tsp garlic powder)	1 tsp ginger, grated (or 1/4 tsp ginger powder)
1 1/2 cups cooked chicken (or 2 5oz can chicken, drained)	1 (15 oz) can peas, drained & rinsed
1 (15oz) can carrots, drained & rinsed	4 cups cooked brown rice
4 tbsp low sodium soy sauce	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 soy sauce. Stir to combine and heat through.
4. If adding eggs, push rice to the side of the pan and add 1 tsp of oil, use a spatula to slightly scramble the eggs. Toss the egg and rice together. Serve warm.

### Simple Pasta with Peas

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#### Ingredients:

1 (16oz) box of whole wheat pasta	1 (15oz) can spaghetti sauce or diced tomatoes
1 tbsp oil	1 (15oz) can of peas, drained & rinsed
1 onion chopped (or 1 tsp onion powder)	salt & pepper to taste
2 cloves garlic, minced (or 1 tsp garlic powder)	pinch of red pepper flakes (optional)
1 tbsp Italian seasoning (or other herbs)	1/2 cup parmesan cheese (optional)

#### Directions:

1. Cook and drain pasta according to directions of package.
2. Heat oil in a pan over medium—low heat. Add onion and cook, stirring often, 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.



# MAKE IT A MEAL: RECIPES



## Dressed up Mac & Cheese

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### Ingredients:

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| 1 box macaroni & cheese          | 1 (6oz) can chicken or tuna, drained |
| 1/4 cup low fat or fat free milk | 1 (15oz) can peas, drained & rinsed  |
| Black pepper to taste            | 1/2 tsp 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.

## Pea Soup (Chilled or Warm)

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### Ingredients:

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| 1 tbsp oil                                      | 1 tsp dried herbs (such as dill, basil or parsley) |
| 1 large onion,                                  | chopped 1/2 tsp salt                               |
| 1 garlic clove, minced (or 1 tsp garlic powder) | 1/2 tsp black pepper                               |
| 3 cups canned peas, drained & rinsed            | 1/2 cup plain low fat or nonfat yogurt (optional)  |
| 2 cups chicken/vegetable broth                  |  |

### Directions:

1. Heat oil in a large sauce pan 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 a blender, puree the soup in 2 batches until smooth. This step is optional.
4. Serve warm or cold. Top with tsp of plain yogurt, if desired.

## Easy Shepherd's Pie

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### Ingredients:

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| 1 lbs lean ground turkey or beef       | 1 (10oz) can cream of mushroom soup                 |
| 1 onion, chopped                       | 1/4 tsp black pepper                                |
| 1 (15oz) can peas, drained & rinsed    | 2 cups instant mashed potatoes, prepared to package |
| 1 (15oz) can carrots, drained & rinsed |   |

### Directions:

1. Preheat oven to 400 degrees 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.

## Noodle Casserole

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### Ingredients:

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| 1 (16oz) can diced tomatoes OR cream of mushroom soup |  |
| 1 (15oz) can peas. Drained & rinsed                   | 2 cups whole wheat pasta or egg noodle |
| 1 cup canned/ pre-cooked chicken, tuna OR salmon      | 1-2 tsp dried herbs of choice          |

### Directions:

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