

#### NUTRIENTS FOUND IN PEAS:

One cup of green peas or pod peas is an excellent source of **vitamin C** and **vitamin A**. **Vitamin A** helps maintain good vision, fight infection and keep skin healthy.

#### GROWN IN OREGON

Oregon produces over 31,000 tons of green peas each year - the fourth largest green pea crop in the US. Popular pea varieties like Oregon Trail and Oregon Sugar Pod were developed at Oregon State University. They are perfect for growing in Oregon.

### Healthy, Fit and Ready to Learn

■ Eating a variety of colorful fruits and vegetables can help your family stay healthy and feel good. ■ Enjoy Oregon peas year round. ■ Add fresh or frozen sugar snap or snow peas to your favorite pasta dish. ■ Try green peas in a soup or simmer with mushrooms.

The bright green color of Oregon Peas tells us summer is on the way!



#### RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ – 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [mypyramid.gov](http://mypyramid.gov) to learn more.

#### YOUR OREGON KITCHEN

### Quick and easy!

Make a tasty green pea pilaf. ■ Cook brown rice or barley according to package directions. ■ Stir frozen green peas that have been thawed into the cooked rice or barley. ■ Top with a little grated cheese and season with herbs.

### Sesame Chicken with Peppers and Snow Peas

#### INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| 1 tablespoons sesame seeds                                  | 3 tablespoons low-sodium soy sauce |
| nonstick cooking spray                                      | 2 tablespoons water                |
| 1 pound boneless, skinless chicken breasts, cut into strips | 1 1/2 teaspoons packed brown sugar |
| 2 cups snow peas, trimmed                                   | 1/4 teaspoon ground ginger         |
| 1 medium red bell pepper, chopped                           | 2 green onions, sliced             |
| 1 medium green bell pepper, chopped                         | 2 cups cooked brown rice           |

#### DIRECTIONS

- Place sesame seeds in large nonstick skillet; cook for 2 minutes over med-high heat until lightly browned. Remove from skillet, set aside.
- Spray same skillet with nonstick cooking spray. Add chicken; cook, stir for about 10 minutes or until chicken is fully cooked. Add snow peas & bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
- In a small bowl, combine soy sauce, water, brown sugar & ginger; add to skillet. Cook for 5 minutes over med-high heat.

Sprinkle with sesame seeds and green onions. Serve 3/4 cups of chicken mixture over 1/2 cup of brown rice.

SERVINGS PER RECIPE: 4, CALORIES: 293, TOTAL FAT: 6g, SODIUM: 470mg, CARBOHYDRATE: 28g, PROTEIN: 30g

This recipe provided by Network for a Healthy California, Champions for Change, [http://www.cachampionsforchange.net/en/docs/Dinner/ALL\\_dinner.pdf](http://www.cachampionsforchange.net/en/docs/Dinner/ALL_dinner.pdf)



**FIND OUT MORE:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition). Look for Oregon Farm To School and School Garden Program under Associated Topics.

## Just for Kids

### Find Your Way through the Fruit and Vegetable Maze

At each stop, write or draw the fruit or vegetable that you ate for that meal!



### Salad Collage

Look in grocery flyers or magazines for pictures of foods that can be part of a salad. Remember salads can be more than lettuce. Add pictures of fruits, vegetables, and beans to your salad. Can't find the fruit or vegetable picture you are looking for? Draw your own. Tape the pictures of your salad on a piece of heavy paper.



### Finding it Here

Peas are grown through out Oregon.

- Fresh Oregon peas are available from May through mid July.
- Check your Farmers' Market or ask for them at your local Grocery Store.
- Frozen Oregon peas are available all year round.

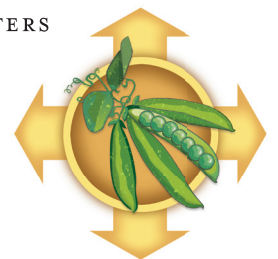


### Get moving!

Put your feet to the ground and start walking. Your feet will thank you, your heart will thank you, and Mother Nature will thank you for helping cut down on air pollution.

### PRODUCE POINTERS

**Green Peas,  
Snow Peas  
and Sugar  
Snap Peas**



### SELECTION

- Fresh green peas in the pod should be plump and firm with no peas rattling around inside.
- Snow peas should be flat with very small peas barely visible through the pod.
- Sugar snap peas should be bright green, plump, and firm.

### STORAGE

- All types of fresh peas taste best the day they are purchased.
- Refrigerate fresh peas as soon as you get them home.
- Fresh peas will last about 3 days in the refrigerator.
- Frozen peas will keep in the freezer for up to 8 months.