



Rice Casserole

Makes 4 - 6 servings

- 1 cup mushrooms, sliced
- 1 tablespoon butter or margarine
- 1 can condensed cream of mushroom soup
- 1 1/2 cups milk
- 1 3/4 cups instant brown or white rice
- 1 1/2 cups green peas

1. In a skillet, sauté mushrooms in butter or margarine for 2-3 minutes. Set aside.
2. Combine cream of mushroom soup and milk in a pan and cook over medium heat, stirring often. When soup comes to a slow bubble, add instant rice and peas.
3. Cover and let sit for at least 5 minutes. Stir in mushrooms and warm through. Salt and pepper to taste.

- Leftovers freeze well

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ENERGIZE YOUR LIFE
EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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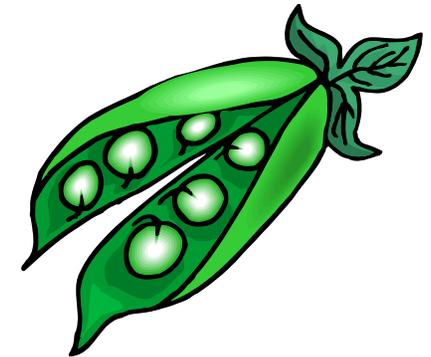
WIC is an equal opportunity program.

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Fresh-from-the-Farm:

Peas

Shelling Peas, Snow Peas, Sugar Snap Peas

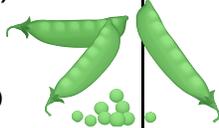


Washington WIC & Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!

Selection & Preparation

- ◆ Choose green pods that are not too fat (large peas are old and tough).
- ◆ One pound of garden peas in the pod will yield about 1 cup peas (2 servings).
- ◆ The shells of snow peas and sugar snap peas are edible. Enjoy snow and sugar snap peas raw or cooked.
- ◆ Store peas in refrigerator. Best when used within 3-5 days.
- ◆ Shell peas can be cooked in their shells or shelled first and then steamed or boiled for 5 minutes. Once peas are removed they can be cooked directly in soup or stews.
- ◆ Snow peas and sugar snap peas take about 3-5 minutes of steaming or cooking.



Nutrition Facts

Serving Size: 1/2 cup green peas

Amount Per Serving

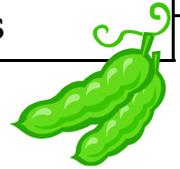
Calories 58

	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Sodium 2 mg	0%
Total Carbohydrate 11 g	4%
Dietary Fiber 4 g	15%
Sugars 4 g	
Protein 4 g	
Vitamin A	8%
Vitamin C	15%
Calcium	2%
Iron	6%
Folate 43 mcg	11%
Potassium 187 mg	
Magnesium 27 mg	

Key Nutrients

- ❖ **Folate** - for a healthy heart and blood.
- ❖ **Fiber** - to prevent constipation, control blood sugar and fiber may lower cholesterol.
- ❖ **Potassium** - to maintain a normal blood pressure.
- ❖ **Vitamin C** - to support healthy gums, skin and blood
- ❖ **Protein** - to maintain muscle and energy levels.

Marinated Sugar Snap Peas



1/2 pound sugar
snap peas

1/4 small onion, thinly sliced

1 garlic clove, minced

Pinch of sugar

1/4 cup oil

Black pepper to taste

1. Heat a pot of water to boiling. Add peas and cook 1 minute. Drain and rinse under cold running water.
2. Place peas in a bowl. Add onion, garlic, sugar, oil, and pepper. Toss gently.
3. Refrigerate, covered, at least 30 minutes.

Makes 3 servings

