Eat Your Peas
Megan McLean
Types of Peas
Pease Porridge Hot

Pease porridge hot,
Pease porridge cold,
Pease porridge in the pot,
Nine days old.
The Amazing Green Pea

Rich in Nutrients & Phytochemicals
• High in fiber & protein
• Source of Omega 3s
• Loaded with phytochemicals

Good for your garden
• Nitrogen-fixing
• Shallow root: break down easily

AND....
Versatile and Colorful
So please...Eat your peas!

They are colorful, nutritious and delicious!
Green Pea Pesto

A sweet, new way to enjoy green peas! Try this pesto spread onto toast, tossed into pasta, or as a dip.

1 (10-oz) pack of frozen peas (thawed)
4 garlic cloves
1/4 cup pine nuts
1 tsp salt
1/4 tsp black pepper, freshly ground
1/3 cup olive oil

In a food processor, pulse peas, garlic, pine nuts, salt and pepper. Slowly add in olive oil and pulse for 1-2 minutes. Season with salt and pepper to taste.

References

1. Pease Porridge Hot, Pease Porridge Cold.  
http://www.vegparadise.com/highestperch52.html.  
Accessed April 21, 2015.


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