

Eat Your Peas

Megan McLean





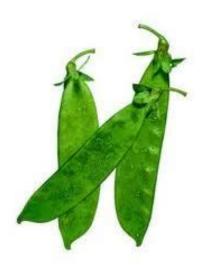












Pease Porridge Hot

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

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