

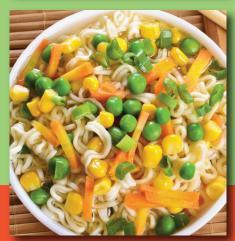
Peas



Hey kids, become a

FOOD EXPLORER





Did you know...?

- Peas are high in protein 3/4 cup of cooked peas has more protein than a whole egg or a tablespoon of peanut butter.
- Peas have been a valuable food for 12,000 years. They are rich in important nutrients. When dried, they are easy to carry and can be stored for a long time.
- Ancient Egyptians packed dried peas and other foods in tombs to feed people in their afterlife.
- The French call both snow peas and sugar snap peas "mange tout" (pronounced mawnzh too), which means "eat it all."

DELICIOUS AND NUTRITIOUS

Peas are high in protein and fiber. They also have iron, which helps build strong blood, and vitamin C, which helps our bodies heal cuts and scrapes.

A SUPER SNACK IDEA

For a sweet, "snappy" snack, dip fresh sugar snap peas in a low-fat dressing or dip. Try blue cheese dressing or another one of your favorites.

PEA HUMOR

What do you call an angry pea? Grump-pea.

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Extension Nutrition **Education Program**

For healthy recipes and low-cost tips, visit our website at ag.umass.edu/nutrition.

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