

June

## VEGETABLE of the MONTH

### Cooking for Kids

#### Double Pea and Feta Salad

**Serves: 6**

**Ingredients:**

1 lb. sugar snap peas  
1 bag frozen green peas  
1/4 c. thinly sliced red onion  
1/4 c. mint leaves  
2 1/2 tbsp. extra-virgin olive oil  
kosher salt  
Freshly ground pepper  
3/4 c. mild feta cheese  
1/4 c. toasted pine nuts  
(optional)

**Directions:**

1. Bring a large saucepan of lightly salted water to a boil; add sugar snap peas and green peas. When water returns to a boil, cook 1½ to 2 minutes, until sugar snaps are crisp-tender. Drain in a colander; refresh under cold running water. Drain peas well (blot with a paper towel).

2. Place peas in a large serving bowl with remaining ingredients except feta and pine nuts; toss until coated. Gently stir in feta and pine nuts, if using.

Recipe by [www.delish.com](http://www.delish.com)

### Books

*Little Pea*

by Amy Krouse Rosenthal

*Princess and the Pea*

by Lauren Child and Polly  
Borland

# Sweet and snappy Sugar Snap Peas



## Just the Facts

→ Sugar snap peas are edible-podded peas, so you can enjoy the whole thing!

→ Cook sugar snap peas for under 2-3 minutes to preserve their crunchy texture and sweet flavor.

→ Sugar snap peas are a cross between English shelling peas and Chinese snow peas

→ Sugar snap peas are legumes, legumes are a farmer favorite because they keep their soil rich and healthy!

→ Sugar snap peas are high in dietary fiber and are a great source of vitamin C!

→ A ¾ cup serving of peas has more protein than an entire egg!

## Did You Know?

You can enjoy sugar snap peas at school!

This delicious veggie is available on the salad bar!



Created by: The EPS Food & Nutrition Department

# Activity: SUGAR SNAP PEAS

OH SNAP, the children need help finding their way to the sugar snap peas!

