



University of Nevada  
Cooperative Extension

# PASS THE PEAS, PLEASE



Fact Sheet #11-27

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## CHINESE VEGETABLE STIR-FRY

- 4 teaspoons vegetable oil
- 1 cup broccoli florets
- 1 cup carrots, peeled and sliced
- 1 cup cauliflower florets
- 1 cup celery, sliced
- 1 cup red bell pepper, cut into chunks
- 1 cup snow peas, stems removed
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon cornstarch

Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower and celery, cook for two minutes. Add bell pepper and snow peas, cook for two minutes. Mix cornstarch in a small bowl with soy sauce until dissolved. Add to skillet, bring to a boil and cook for one minute, covered. Serve vegetables over cooked rice.

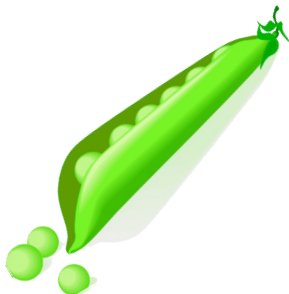
Peas provide low-fat, low-calorie protein; 3/4 cup of peas contains about the same amount of protein as a whole egg or a tablespoonful of peanut butter--but less than half a gram of fat.

All varieties of peas contain vitamins A, C and K as well as thiamin, folate and iron.

## CRUNCHY TUNA SPREAD FOR BREAD

- 1 can of water packed tuna, drained well
- 1/2 cup chopped pea pods
- 1 can sliced water chestnuts, drained
- 1/4 cup low-fat mayonnaise mixed with 1/4 cup nonfat plain yogurt

Mix all ingredients until well blended. Spread on bread or bagels for a sandwich, or use as a dip for celery or crackers.



### Selecting Snow Peas

Snow peas should be shiny and flat, with very small peas that are barely visible through the pod.

### Storing Snow Peas

It's best to use snow peas as soon as possible. Store unwashed peas in a plastic bag with small holes so that moisture can escape.

