Peas Please!

Selection:
- Choose a can without leaks, dents, or bulges. Leaks, dents, and bulges could mean the peas are unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

Storage:
- Store canned peas in a cool, dry place for up to two to five years.
- Once opened, keep peas in a tightly sealed container or freezer bag for up to four days in the refrigerator or up to two months in the freezer.

Nutrition:
1/2 cup serving of canned peas:
- Provides 60 calories, 4g protein, 11g carbohydrates, 3g fiber and is a good source of vitamins C and A.
- Counts as a 1/2 cup equivalent from the MyPlate Vegetable group.

Uses:
- Great fiber boost to soups, salads, casseroles, pasta, and rice dishes!
- Try out a new recipe with: pea pesto, couscous and peas, or Thai spring pea soup.

Getting Vitamin D During the Winter

Vitamin D helps your bones stay strong, helps maintain muscles, and supports a healthy immune system.

Vitamin D is made by the body after being exposed to sunlight. There are also some foods that are good sources of vitamin D.

During Iowa winters, our sunlight exposure is low. This makes it harder to make enough Vitamin D. To overcome this, try adding more foods rich in vitamin D to your diet.

You can also talk to your health care provider about Vitamin D supplements.

**Good food sources of vitamin D include:**
- Cod liver oil
- Salmon
- Tuna
- Sardines
- Orange juice (with added vitamin D)
- Milk (with added vitamin D)
- Yogurt (with added vitamin D)

Resource: [https://my.clevelandclinic.org/health/articles/15050-vitamin-d--vitamin-d-deficiency](https://my.clevelandclinic.org/health/articles/15050-vitamin-d--vitamin-d-deficiency)
Review Food Date Terms

It’s always a good time to review food dates on your food packages! Next time you’re home, take a close look at the food in your fridge and pantry and refresh on the following terms:

**Use by:** Indicates when the food will remain at its best quality. After this date the quality may change, but it is still safe to eat.

**Best by:** How long the product will remain at its best quality while unopened. Often used with shelf-stable items such as peanut butter.

**Sell by:** After this date, stores are not allowed to sell the product. It’s used on perishable items such as meat and milk. Meats can last 1-2 days past the date and unopened milk will last for about a week after.

**Expiration:** Lets you know when foods will go bad. Eat before this date.

Adapted from: http://www.stilltasty.com/articles/view/5

Easy Peas-y Soup

**INGREDIENTS**
4 15-oz cans of peas, drained
6 cups stock (chicken, ham, or vegetable)
1 Tbsp olive oil
1 large red onion, chopped
2 large garlic cloves, minced
1/2 tsp dried thyme
1/2 tsp ground pepper
3/4 tsp sea salt

Recipe adapted from: https://www.thismamacooks.com/2017/01/simple-healthy-split-

**INSTRUCTIONS**
1. Heat olive oil in a 4-quart pot over medium high heat.
2. Add onions, minced garlic, thyme, pepper, and salt.
3. Stirring frequently, sauté until onions soften, start to brown and caramelize.
4. Add stock and drained canned peas.
5. Bring to a boil, reduce heat to low, cover and simmer for 60 minutes or until peas are soft. Stir occasionally.
6. You can puree the soup in a blender, a food processor, or with a wand blender if you wish.

**Nutritional analysis (1 serving):** 65 calories, 9g carbohydrates, 2g protein, 3g fat, 0.4g saturated fat, 1.5g dietary fiber, 309mg sodium, 1109mg potassium

SERVES: 6 | SERVING SIZE: 1 cup

Region 6 and 12 Nutrition and Wellness Happenings:

January 9, 16, 23, & 30- Stay Independent Series (Carroll)

January 9- Healthy and Homemade Sessions 1 & 2 (Pocahontas)

January 10, 29- Healthy and Homemade Sessions 1 & 2 (Sac City)

January 14- ServSafe (Cherokee)

For more information, contact Nutrition & Wellness Specialist Ann Parker at 515-204-3397 or aeparker@iastate.edu