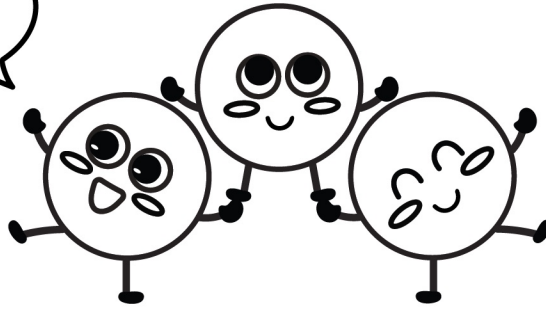


Peas



“ It’s time to give peas a chance!
That’s what we’re saying – just get up and dance.
We’re little green gems, bursting with flavor.
You’ll love how we taste, each mouthful you’ll savor! ”

Color us
GREEN!



Say Our Name In:

- English: Peas
- Spanish: Guisantes
- Chinese: 豌豆 (Wān dòu)
- Vietnamese: Đậu hà lan
- French: Petits pois
- Arabic: بابازيلاء ('Bazila)



Kid's Kitchen



Look what you can do! Let's make a snack with **PEAS**.

Try Us In:

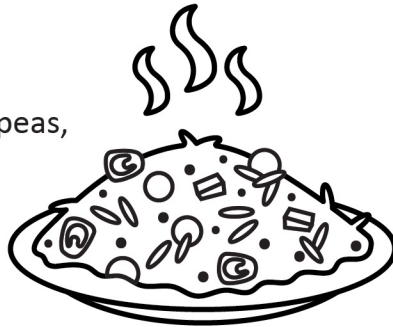
Rainbow Rice

Have you ever wondered what a rainbow tastes like? Try this stir fry recipe and find out!

Servings: 4

Ingredients:

- 2 cups Minute Rice
- 2 cups water
- 1 package of frozen peas, carrot, and corn mix
- 1 small onion
- 1 clove garlic
- Drizzle of olive oil
- 1 tsp soy sauce



Instructions:

1. In a small pot, boil 2 cups of water over high heat. Once the water is boiling, add the rice and stir. Cover and remove from heat.
2. Chop a small onion into bite-size pieces and mince a clove of garlic.
3. In another pan, add olive oil and onion pieces, and cook over medium heat for 2-3 minutes. Add the frozen peas, carrots, and corn mix to the pan. Cook until the veggies are tender. Then, add the minced garlic and stir for another minute.
4. Add the cooked rice and mix well. Sprinkle with soy sauce and mix. Now, it's ready to serve!

To Prepare: Frozen peas are easiest to use! They can even be a fun snack on a hot summer day!

More Ways to Prepare Us:

(see p. 83-84)

- Sauté/Stir Fry
- Steam
- Microwave

And try these fun dishes with our other veggie friends:

- Make a Face! (p. 85)
- Veggie Robots (p. 86)
- Veggie Grab Bag (p. 88)
- Stone Soup (p. 96)
- Veggie Sushi + Rice Balls (p. 99-100)

We're rich in:

Protein, fiber, vitamins A, C, K, and antioxidants!



Summer is
our Season!

