

Pea “Mockamole”

Ingredients:

- 1 C. fresh shelled peas or frozen peas
- 1 tsp. ground cumin
- 3 T. finely chopped onion
- 1 tsp. finely chopped garlic
- 1 T. lemon juice
- 1 T. olive or canola oil
- ½ tsp. red pepper flakes (optional)
- Salt and pepper to taste

Source: <http://allrecipes.com/Recipes/Sweet-Pea-Mockamole/Detail.aspx?evt19=1>



Italian Peas

Ingredients:

- 2 T. olive or canola oil
- 1 medium onion, chopped
- 2 tsp. finely chopped garlic
- 16 oz. fresh shelled peas or frozen peas
- 1 T. chicken stock or water
- Salt and pepper to taste

Adapted from: http://allrecipes.com/Recipe/ItalianPeas/Detail.aspx?event8=1&prop24=SRTitle&e11=peas&e8=Quick%20Search&event10=1&e7=Home%20Page&soid=sr_results_p1i17



Pea and Potato Salad

Ingredients:

- 6 medium potatoes of your choice (about 2lbs.)
- 2 C. fresh shelled peas or frozen peas
- 2 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 6 T. low-fat mayonnaise
- 1 tsp. mustard
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. dried dill



Pea and Noodle Salad

Ingredients:

- 12 oz. whole grain pasta of your choice
- 10 oz. fresh shelled or frozen peas
- 1 large onion, chopped
- ½ cup low-fat mayonnaise
- Hot sauce (optional)

Source: <http://allrecipes.com/recipe/sweet-pea-and-noodle-salad/detail.aspx>



1. Heat oil in medium pan over medium heat. Stir in onion and garlic; cook about 5 minutes.
2. Add peas and stir in stock or water. Season with salt and pepper.
3. Cover and cook until the peas are tender, about 10 minutes. Serve hot.



Italian Peas
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1. If you are using fresh peas, heat a small pot of water to a boil. Cook for about 5-10 minutes or until soft. If you are using frozen peas, thaw and drain the extra water.
2. Put all of the ingredients except salt and pepper in large bowl and mash together until smooth. (If you have a blender, blend all ingredients until smooth!)
3. Taste the mixture and season with salt and pepper. Mix well and transfer to a serving bowl.
4. Serve with chips, crackers, or fresh veggies!



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1. Follow the directions on the package to cook the pasta. Drain and set aside.
2. If you are using fresh peas, boil them for 2-3 minutes or until they are soft. If you are using frozen peas, thaw and drain the extra water.
3. Mix the chopped onion, hot sauce, and mayonnaise in a bowl. Add the pasta and peas in to the bowl and mix gently. Refrigerate until cold, and serve!



Pea and Noodle Salad
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1. Wash potatoes and cut them into bite size pieces.
2. Boil potatoes for 15-20 minutes or until they are soft. Drain and set aside.
3. If you are using fresh peas, boil them for 2-3 minutes or until they are soft. If you are using frozen peas, thaw and drain the extra water.
4. In a large bowl, mix together the mayonnaise, mustard, salt, pepper, and dil. Add the chopped vegetables and peas and mix well. Gently mix in the potatoes. Refrigerate until cold, and serve!



Pea and Potato Salad
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