



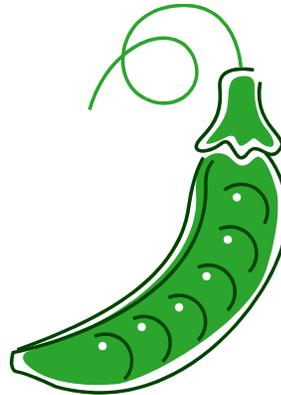
# Market Basket of the Month

## Pea and Strawberry Recipes

### 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 black pepper to taste



#### **Directions:**

- 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 black pepper in a 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 black pepper. Mix well and transfer to a serving bowl.
- 4.) Serve with chips, crackers, or fresh veggies!

Source: <http://allrecipes.com/Recipe/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

#### **Directions:**

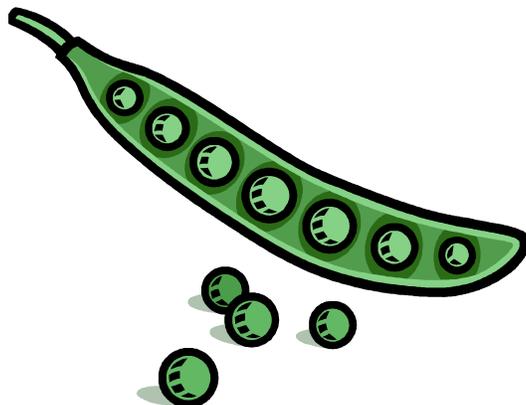
- 1.) Heat oil in a medium pan over medium heat. Stir in onion and garlic; cook about 5 minutes.
- 2.) Add peas and stir in stock or water. Season with salt and pepper.
- 3.) Cover and cook until the peas are tender, about 10 minutes. Serve hot.

## **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

- 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 dill. Add the chopped vegetables and peas and mix well. Gently mix in the potatoes. Refrigerate until cold, and serve!



## **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)

### **Directions:**

- 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!

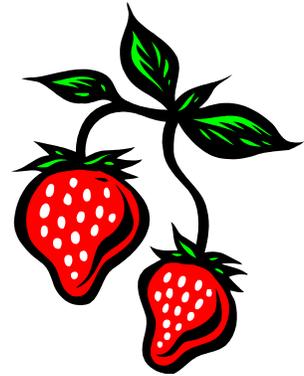
**Source:** <http://allrecipes.com/recipe/sweet-pea-and-noodle-salad/detail.aspx>



## **Fabulous Strawberry Muffins**

### **Ingredients:**

- 1 ¼ C flour
- ¼ C sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ¾ C low-fat buttermilk
- 2 T melted butter or margarine
- 1 slightly beaten egg
- ½ tsp vanilla extract
- 1 C coarsely chopped frozen or fresh strawberries



### **Directions:**

1. Heat oven to 400° and spray muffin tin with non-stick spray.
2. In a large bowl, combine the flour, sugar, baking powder and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk, butter, egg and vanilla. Pour this mixture into the dry ingredients and gently stir just until moist (do not over-mix). Add fruit and stir gently.
4. Spoon batter into 9 muffin cups. Bake 20 to 25 minutes or until golden brown.

Source: <http://recipefinder.nal.usda.gov>

## **Frosty Strawberry Pops**

(Makes 8 pops)

### **Ingredients:**

- 1 pint basket strawberries, stemmed
- 1 can (5 ounces) evaporated milk
- 3 T frozen orange, cranberry or pineapple juice concentrate

### **Directions:**

1. In blender container, blend all ingredients about 1 minute until smooth.
2. Pour into eight 3-ounce, wax-coated paper cups.
3. Place in shallow pan and insert a wooden craft stick or plastic spoon into the center of each.
4. Freeze until firm, about 4 hours.
5. After pops are frozen, they can be transferred to a re-sealable plastic bag for freezer storage. To release pops from cups, dip briefly into hot water up to rim of cup.



## **Strawberry Salsa**

### **Ingredients:**

- 1 pint fresh strawberries, chopped
- 4 Roma tomatoes, chopped
- ¼ C chopped white onion
- 1 lime, juiced
- 1 T olive oil
- 1 garlic clove, minced (optional)

### **Directions:**

In a large bowl, combine all ingredients.  
Cover dish and refrigerate for 2 hours or until chilled.  
Serve with low fat tortilla chips or on top of grilled chicken or fish.



## **Strawberry-Peach Chicken Salad**

(Makes 4 servings)

### **Ingredients:**

- 2 containers low-fat strawberry yogurt
- 2 C sliced, fresh strawberries
- 2 T red wine vinegar
- 6 C mixed salad greens
- 1 lb boneless, skinless chicken breasts, cooked and cut into strips
- 1 medium peach, peeled and sliced
- 2 T green onions, sliced

### **Directions:**

1. In food processor, or blender, place yogurt, 1 C strawberries and red wine vinegar. Cover; blend on high speed for 15 seconds to make the dressing.
2. Arrange salad greens on 4 serving plates and top with remaining ingredients.
3. Serve with dressing.

Source: [www.livebetteramerica.com](http://www.livebetteramerica.com)

