

# Green Peas



## About Green Peas

- Green peas are a very good source of vitamin K, fiber and folate.
- Fresh green peas have a delicate, sweet flavor that they work well with a variety of foods and can be used in soups, salads, or main dishes.
- Green peas contain a carotenoid called lutein that acts as an antioxidant and may help to protect your eye health.

## Selecting and Storing

- Frozen peas are better able to retain their color, texture, and flavor than canned peas.
- When purchasing fresh peas, look for ones whose pods are firm, velvety and smooth.
- The color should be lively medium green.

[www.scph.org](http://www.scph.org)

# Green Peas



## About Green Peas

- Green peas are a very good source of vitamin K, fiber and folate.
- Fresh green peas have a delicate, sweet flavor that they work well with a variety of foods and can be used in soups, salads, or main dishes.
- Green peas contain a carotenoid called lutein that acts as an antioxidant and may help to protect your eye health.

## Selecting and Storing

- Frozen peas are better able to retain their color, texture, and flavor than canned peas.
- When purchasing fresh peas, look for ones whose pods are firm, velvety and smooth.
- The color should be lively medium green.

[www.scph.org](http://www.scph.org)

# Tuna Noodle Casserole

Makes: 4 servings (1 cup)

## Ingredients

- 4 cups water
- 5 ounces egg noodles (wide)
- 1 can (10.75 ounces) cream of mushroom soup (low-sodium)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs

## Instructions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-tuna-casserole>

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 108mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[www.scph.org](http://www.scph.org)

Analyzed using EHSA Food Processor; version 11.4

# Tuna Noodle Casserole

Makes: 4 servings (1 cup)

## Ingredients

- 4 cups water
- 5 ounces egg noodles (wide)
- 1 can (10.75 ounces) cream of mushroom soup (low-sodium)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs

## Instructions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-tuna-casserole>

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 108mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[www.scph.org](http://www.scph.org)

Analyzed using EHSA Food Processor; version 11.4