



Perfectly pleasing peas

Enjoy a surprisingly flexible legume

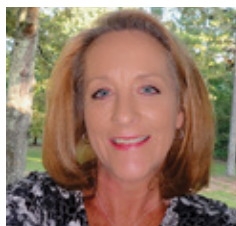
If you're denying yourself the simple beauty of peas, it's time to rethink your weekly menu. Full of healthy benefits and flavor, they should be a part of everyone's diet.

Peas' nutrition profile includes manganese, protein, fiber, vitamin A and folate, with lots of lesser vitamins to boot. And their neutral flavor allows them to go from smoothies at breakfast to salads for lunch and pot pies for dinner. They're inexpensive and add a lot of texture and color to any plate.

Try tossing them with pasta and a creamy Alfredo sauce. Or use peas as a topping for a baked potato with cheese and sour cream. You can also make an incredible pesto sauce for buttery rounds of crusty bread. Simply add a bag of

frozen peas to a handful of mint leaves and a half cup of Parmesan cheese, blend them together in a food processor and add olive oil as the machine is running until you get a smooth, thick consistency.

If you're lucky enough to have a garden full of the green pods filled with fresh peas, you've done yourself a favor. Just go outside and grab a handful of taste and nutrition. If not, grab a bag of frozen peas — they're just as good for you.



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PEA SALAD WITH SMOKED ALMONDS

- 2 (16-ounce) packages frozen peas
- 6 ounces smoke-flavored almonds, finely chopped
- 1/2 a sweet onion or more, to taste, finely chopped
- 1/2 cup mayonnaise (reduced fat OK)
- 1/2 cup sour cream (light OK)
- Ground black pepper, to taste
- 1/2 cup shredded cheddar cheese

Place frozen peas in a colander and rinse them under cold water until thawed. Drain and transfer them to a large bowl. Add the almonds and onions. Mix well. Fold mayonnaise, sour cream and black pepper into the pea mixture until evenly coated. Transfer to a serving container and top with shredded cheese. Cover and refrigerate until serving. Before serving, you may want to blend cheese into the mixture, or leave it on top for a prettier presentation.

