

Peas

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Peas, green, frozen OR Peas, green, canned, no added salt	10 lb 8 oz OR 2.8 No. 10 cans				<ol style="list-style-type: none"> 1. For frozen peas, steam or boil about 5-6 minutes. For boiling, only add enough water to cover the peas. 2. If peas are not low sodium, drain and rinse peas, then add water to cover the peas, and cook over medium heat until they come to a simmer. 3. For canned peas, add peas and liquid to large pot and cook over medium heat until they come to a simmer. 4. Remove from heat when peas are tender and easily mashable with a fork. <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <ol style="list-style-type: none"> 5. Drain and serve.

Notes:

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Nutrients calculated using Food Processor for peas, green, boiled, from frozen, drained.

Serving: ½ cup provides ½ cooked vegetable

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	62.40 kcal	Saturated Fat	0.04 g	Iron	1.22 mg
Protein	4.12 g	Cholesterol	0 mg	Calcium	19.20 mg
Carbohydrate	11.41 g	Vitamin A	84.00 RAE mcg	Sodium	57.60 mg
Total Fat	0.22 g	Vitamin C	7.92 mg	Dietary Fiber (2016)	3.60 g