

Peas

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Peas, green, frozen OR Peas, green, canned, no added salt	10 lb 8 oz 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. For canned peas, add peas and liquid to large pot and cook over medium heat until they come to a simmer. <ol style="list-style-type: none"> 2a. 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. Remove from heat when peas are tender and easily mashable with a fork. 4. CCP: Ensure peas reach 135° F or warmer. 5. CCP: Hold at 135° F or warmer. 6. Drain and serve.

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Notes:

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