



Peas



Harvest of the Month—March

Peas are legumes.

Legumes are vegetables
that have pods with seeds.

There are two main kinds of peas:
green peas and edible-pod peas.

Green peas have pods that you
cannot eat, but you can eat the
delicious, sweet, full-sized seeds.

Edible-pod peas, such as snow
peas and sugar snap pea pods
can be eaten with their pods.

**Get your ABC's (vitamins)
from peas, please!**



Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to Harvest of the Month developed by the *Network for a Healthy California*.

Mexican Rice



Makes 6 servings at $\frac{3}{4}$ cup each

- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- 1 (14 $\frac{1}{2}$ -ounce) can low sodium chicken broth
- 1 cup white rice
- $\frac{3}{4}$ cup tomatoes, chopped
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- 1 cup frozen peas and carrots mix
- 1 cup frozen corn, thawed

1. Heat oil in saucepan over medium heat.
2. Add onions, sauté until soft, about five minutes.
3. Stir in broth, rice, $\frac{1}{2}$ cup tomatoes, chili powder and salt. Bring to a boil.
4. Reduce heat and simmer according to rice package instructions.
5. Stir in vegetables and let stand for five minutes.
6. Spoon remaining tomatoes over top and serve warm.

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California*, 2008.

For more recipes, visit: www.cachampionsforchange.net

Funded by the USDA's Food Stamp Program, an equal opportunity employer and provider.



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Arroz Estilo Mexicano (Mexican Rice)



Para 6 porciones de $\frac{3}{4}$ taza cada una

- 1 cda. de aceite vegetal
- 1 taza de cebolla picada
- 1 lata (de 14 $\frac{1}{2}$ onzas) de caldo de pollo, bajo en sodio
- 1 taza de arroz blanco
- $\frac{3}{4}$ taza de tomates picados
- $\frac{1}{2}$ cda. de chile en polvo
- $\frac{1}{4}$ cda. de sal
- 1 taza de chícharos y zanahorias mezclados, congelados
- 1 taza de granos de elote descongelados

1. Caliente el aceite en una cacerola a fuego medio.
2. Agregue la cebolla y sofríala hasta que esté blanda, aprox. por 5 minutos.
3. Agregue mezclando el caldo, el arroz, $\frac{1}{2}$ taza de tomates, el chile en polvo y la sal. Espere a que hierva.
4. Reduzca el fuego y hierva a fuego lento de acuerdo a las instrucciones del paquete de arroz.
5. Agregue los vegetales y espere cinco minutos.
6. Expolvoree el resto de los tomates por encima y sirva caliente.

Fuente: *Recetas Latinas Saludables Hechas con Amor, Red para una California Saludable*, 2008.

Para más recetas, visite: www.campeonesdelcambio.net

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