

Can-Do PEAS



Creamy Lemon Chicken

Servings: 4

Ingredients

- 4 skinless, boneless chicken breast halves (1½ pounds)
- ¼ teaspoon pepper
- 1 tablespoon butter
- One 10.75-ounce can condensed, low-sodium cream of chicken soup
- Grated zest and juice of one large lemon
- ½ cup (4 ounces) canned low-sodium peas, drained
- ½ cup (8 ounces) canned low-sodium carrots, drained

Directions

1. Wash hands and surfaces.
2. Sprinkle both sides of chicken with pepper.
3. In a large, nonstick skillet over medium-high, heat butter.
4. Add chicken and brown on both sides.
5. Add soup, lemon zest and juice; stir to mix with pan drippings.
6. Reduce heat to medium-low; cover and simmer for 5 minutes, until chicken is cooked through.
7. Stir in peas and carrots and heat through.
8. Serve hot. Refrigerate leftovers immediately.

Cooking tips

- Wash hands before and after handling poultry.
- If you have fresh or frozen chicken (poultry) instead of canned, follow the preparation instructions and let cool and shred before adding to recipes.



Indian Vegetable and Rice Skillet Meal

Servings: 8

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- ½ teaspoon ground ginger
- ½ teaspoon turmeric
- ½ teaspoon ground cumin
- One 15-ounce can green peas, drained
- 1 cup cauliflower, fresh or frozen
- 1 large potato, peeled and diced (or 1 can potatoes, drained)
- 1 cup white rice, uncooked
- 1 teaspoon salt
- 2½ cups water
- One 15-ounce can kidney beans, drained and rinsed

Directions

1. Wash hands and surfaces.
2. Heat oil in a large skillet over medium heat.
3. Add onion, ginger, turmeric and cumin and stir while cooking for 1 minute.
4. Add remaining ingredients. Bring to a boil, cover and reduce heat.
5. Simmer 20-25 minutes. Serve hot.
6. Refrigerate leftovers immediately.



Notes

- For a flavor boost, cook ½ cup raisins or diced apples with the vegetables.
- Substitute vegetables for whatever you have on hand. Add any canned vegetables towards the end of the cooking time.

Spring Fling Vegetable Chowder

Servings: 8

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 2 cups chopped asparagus (fresh, frozen or canned)
- 1 large potato, peeled and diced or 1 can potatoes, drained
- 3 cups chicken broth or water
- One 15-ounce can cream-style corn
- One 15-ounce can peas, drained
- Salt and pepper to taste
- ½ cup shredded cheddar cheese

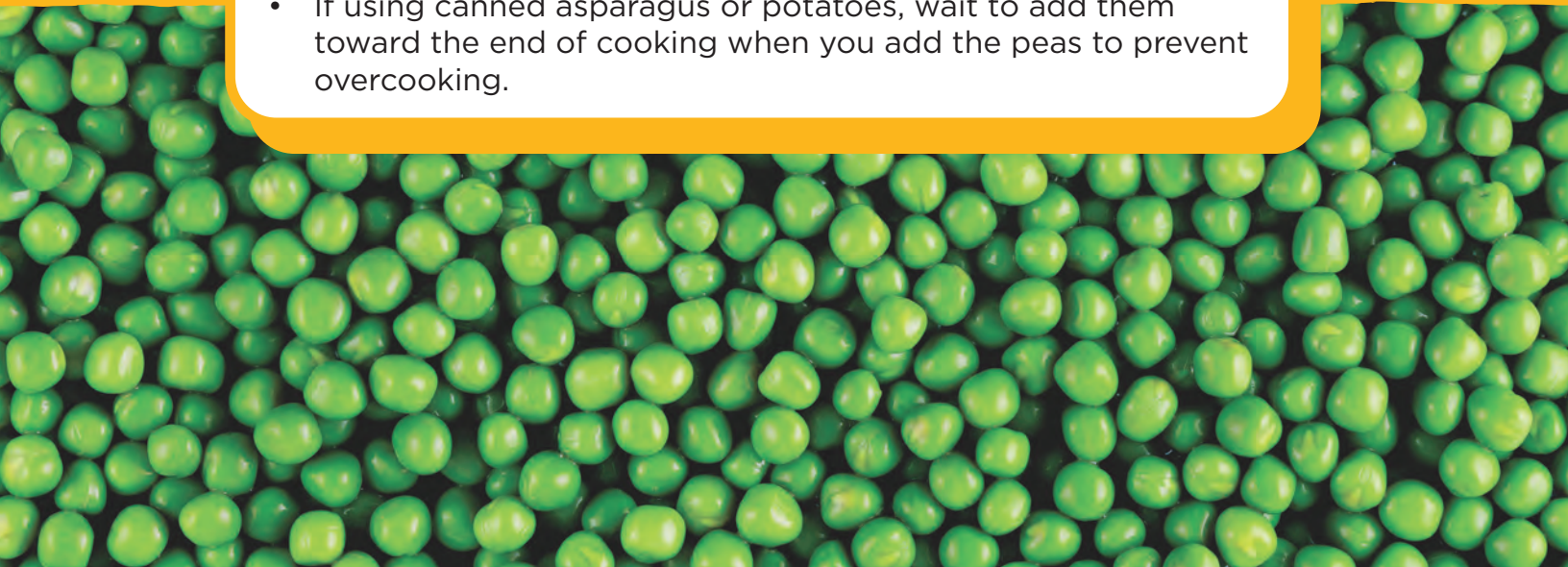
Directions

1. Wash hands and surfaces.
2. Heat oil in large pot over medium heat. Sauté onion, asparagus and potato until soft, about 10 minutes.
3. Add broth and corn. Cover and simmer until potato is tender, about 10 minutes.
4. Add peas, salt and pepper. Simmer 2-3 more minutes.
5. Top with cheese and serve warm.
6. Refrigerate leftovers within 2 hours.



Notes

- Leave skin on the potato for added fiber.
- Canned green beans can be used in place of the asparagus.
- If using canned asparagus or potatoes, wait to add them toward the end of cooking when you add the peas to prevent overcooking.



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Vegetable Mac and Cheese

Servings: 4

Ingredients

- One 7-ounce package macaroni and cheese mix
- ¼ cup butter or margarine
- ¼ cup milk
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 cup chopped fresh carrots, or one 15-ounce can carrots, drained
- 1 cup (8 ounces) canned peas, drained
- 1-2 cups corn flakes cereal

Directions

1. Wash hands and surfaces.
2. Preheat oven to 400 F.
3. Prepare macaroni and cheese according to package directions.
4. In a pot, add onion, green pepper, carrots and peas to macaroni. Stir to combine.
5. Transfer macaroni and vegetable mixture to a 9-by-9-inch baking dish. Sprinkle with corn flakes.
6. Bake 25-30 minutes or until top is golden brown.
7. Serve hot. Refrigerate leftovers immediately.

