

## 5 ideas for... FROZEN PEAS

**Give peas a chance:** These go-to green veggies make a simple, satisfying side dish, and can help brighten up a soup or add texture to a salad. But tiny, tasty peas can also do a whole lot more, as you'll see in these five recipes, each starting with one or two 10-ounce packages.

**Blender Pea Soup** In saucepan, combine 1 can (14 to 14.5 oz.) reduced-sodium chicken broth, 1 pkg. peas, 4 green onions, sliced, 1 c. water, and  $\frac{1}{2}$  tsp. salt. Heat to boiling on high. Reduce heat and simmer 5 minutes. Working in batches, puree in blender (with center part of cover removed to allow steam to escape) with 1 container (6 oz.) plain low-fat yogurt. Return soup to saucepan; heat through. Serves 4.

**Beef Curry** Heat large skillet on medium-high until hot. Add 1 lb. lean ground beef and cook 5 minutes or until no longer pink, stirring occasionally. Stir in 1 pkg. peas, 4 tsp. curry powder, 1 can (14.5 oz.) diced tomatoes, drained,  $\frac{1}{4}$  c. mango chutney, and  $\frac{1}{2}$  tsp. salt. Cook 5 minutes to blend flavors. Spoon over rice. Serves 4.

**Creamy Rice & Peas** In skillet, combine 1 pkg. peas,  $\frac{1}{2}$  c. reduced-sodium chicken broth, and  $\frac{1}{3}$  c. fat-free half-and-half; heat to boiling on high. Add 1 pkg. (8.8 oz.) heat-and-serve precooked long-grain white rice and  $\frac{1}{2}$  tsp. salt; heat to boiling. Reduce heat to low and simmer 5 minutes longer or until liquid is almost evaporated. Stir in  $\frac{1}{3}$  c. grated Parmesan cheese and  $\frac{1}{8}$  tsp. coarsely ground black pepper. Serves 6.

**Minty Mashed Peas** In nonstick skillet, in 1 tsp. olive oil, cook 2 chopped shallots ( $\frac{1}{2}$  c.) on medium 1 minute. Stir in 2 pkgs. peas and  $\frac{1}{3}$  c. water. Cover; cook 8 minutes or until peas are tender. Remove from heat; add 3 Tbsp. chopped fresh mint and  $\frac{3}{4}$  tsp. salt. With potato masher, coarsely mash pea mixture. Serves 6.

**Pea Pesto** In microwave-safe medium bowl, combine 1 pkg. peas, 2 Tbsp. water, and 1 to 2 cloves garlic. Cover with waxed paper and cook in microwave on High 4 minutes or until peas are tender. Transfer pea mixture to food processor with knife blade attached; cool 5 minutes. Add 2 c. loosely packed fresh basil leaves,  $\frac{1}{2}$  c. freshly grated Parmesan cheese, 2 Tbsp. olive oil, and  $\frac{3}{4}$  tsp. salt; process until smooth. Makes about  $\frac{1}{2}$  c. pesto, enough to toss with 1 lb. pasta, cooked. Serves 4.

