PEAS

Peas please! Green peas, also called sweet peas, are easy to find frozen or canned. Keep them on hand for when you need a quick veggie side dish.

Sugar snap peas and snow peas are other types of peas, but they have a pod that you eat. Try them cooked, or fresh for a snack.

Ramen Noodle Skillet

2 teaspoons oil (canola or vegetable)
1 cup onion, chopped
2 cups frozen broccoli stir fry mixed vegetables
(includes snap peas), thawed
1 carrot, chopped or sliced into small pieces
2 cups cooked meat or poultry, cut into bite size pieces
1 package (3 ounces) beef flavored instant ramen noodles
1 cup water or broth

Click for the recipe instructions or scan the code.

AnswerLine at ISU Extension

Ever wonder if something is still safe to eat? Just call (800) 262-3804
Monday - Friday, 9 a.m. - 4 p.m. Or email answer@iastate.edu.
They can help you with all kinds of other questions, too!

Take it Outside

Spring weather can be tricky. One day it’s beautiful; the next day winter has returned. Get outdoors anyway for some physical activity.

✦ Take a walk together as a family and look for 10 interesting things or find three blue (could be any color!) objects.
✦ Play a game of tag, kickball, hide and seek or shoot baskets.
✦ Do yard work together, like rake leaves or pick up sticks to get ready for warmer weather.
✦ If it snows, shovel together.

Just dress for the weather – whatever it may be!