

featured recipe



Early Garden Pea Soup

What's Cooking at USDA

Serving size: 1 cup

Servings per recipe: 6

Ingredients

- 3/4 cup sliced onion
- 1 clove garlic, chopped
- 1 Tbsp margarine
- 2 15-oz cans of low-sodium peas
- 1/2 cup reduced-fat, low-sodium chicken or vegetable broth
- 1 tsp dried parsley
- Black pepper, to taste

Instructions

1. In a large saucepan, cook onion and garlic in margarine until soft.
2. Place cooked onion & garlic in a blender with other ingredients. Cover and blend until smooth. The blending will need to be done in 2 batches.
3. Pour blended ingredients into saucepan and simmer 15 minutes. Do not boil. May be served hot or cold.

Make it easy for your family to grab the good stuff!



- **Eat together.** Let your family see you enjoying vegetables and fruits.

- **Cook together.** Teach your child to tear lettuce or add veggie toppings to pizza. Search for healthy and affordable recipes on our website: grabthegoodstuff.org.

- **Share the adventure.** Try new vegetables, fruits, or new recipes together. Go with friends or family to a "pick-your-own" farm or orchard. Look for farmers markets near you.

- **Take it with you.** Show your child fruit is a great snack to eat at the park or while doing errands. Put apples, oranges, or bananas in your bag for quick snacks.

What do you do to make it easy to share the good stuff? Share your ideas on our Facebook ([flesny](https://www.facebook.com/flesny)) page!



To discover new ways to include vegetables and fruits in family meals & snacks, go to GrabtheGoodStuff.org

For more tips and recipes,
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