



PEAS & GREEN BEANS

Cafeteria Connection

Tell Me about Peas and Green Beans

Peas and green beans are part of the legume family with dried beans, lentils, and soy.

Peas can be found in three primary types: snap, snow, and garden. Some peas are referred to as "shelling peas" because the pod is not edible and must be removed before eating. Other types of peas have edible shells.

Green beans are also called string beans. While their name implies that they are the color green, they can also be yellow, purple, red, or variegated (striped). Green beans are eaten in the pod, although many have a tough, fibrous string that runs along each side of the bean pod that should be removed before eating.

Crediting Information

Fresh peas or green beans, whether fresh or cooked, credit toward the Vegetable meal pattern component as volume served. For example, 1/2 cup of fresh peas or green/yellow beans credit as 1/2 cup vegetable.

In School Meals, fresh peas contribute to the "Starchy" vegetable sub-group and green/yellow beans contribute to the "Other" vegetable sub-group.

Vegetables must be fresh, frozen, canned, or full-strength vegetable juice, referred to as 100% juice, to credit as a vegetable component. Dried vegetables, including beans, peas, and lentils, must be reconstituted to credit toward reimbursable meals. Please confirm crediting requirements for dried vegetables with your specialist.

Nutrition Facts

Peas and green beans are both excellent sources of vitamin A and vitamin C, which help maintain healthy eyes, skin, and immune function. They are also rich in vitamin K, which supports proper blood clotting, and fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar.



Selection and Storage

- Peas and green beans are available fresh, frozen and canned for good nutrition and convenience.
- When selecting fresh peas, choose firm, bright green, medium-sized pods with no signs of decay or wilting. Refrigerate in a perforated plastic bag for up to 3–5 days. Remove pods of shelling peas immediately before use.
- When selecting green beans, choose brightly colored beans that snap easily when bent. Refrigerate in a plastic bag and use within 1 week.

Culinary Tips

- Remove pods of shelling peas, then steam or boil for 5 minutes. Or cook peas in the pod, then shell them. Shelled peas can be added directly to stir fry dishes, rice, or soups or stews.
- Unlike shelling peas, snow peas and sugar snap peas don't need to be shelled! Eat them raw or cook for 3 to 5 minutes.
- Green beans freeze well after they are partially cooked.
- Cook beans by steaming or microwaving in a small amount of water, until tender crisp, about five to eight minutes.

Recipes

- [Chicken or Turkey Chop Suey with Snow Peas USDA Recipe for Schools](#)
- [Pizza Green Beans USDA Recipe for Schools](#)
- [Mediterranean Tuna Salad USDA Recipe for Child Care Centers](#)
- [Veggie Stir-Fry with Ginger USDA Recipe for Child Care Centers](#)
- [Beef Vegetable Soup USDA Recipe for Adults in CACFP](#)

Sourcing

- [Find Peas](#)
- [Find Green Beans](#)



Green beans in Walla Walla, credit: WSDA



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