PEA RECIPES

Crunchy Roasted Peas

2 cups of fresh peas, blanched and dried
2 teaspoons olive oil
1 teaspoon garlic salt or more to taste

Preheat oven to 375 degrees. Blot peas with paper towels to make sure they are dry. Place them in a bowl and add oil and garlic salt. Stir to coat evenly. Spread them on a baking sheet lined with parchment paper. Bake for 30 minutes, then shake and stir them around to make sure they are cooking evenly. You can try them and see if they are crunchy enough for you. If they need more time, return them to the oven for 15-minute increments. They will brown quickly. Let cool before serving.

Easy Pea Salad

4 cups of fresh peas, blanched and cooled
½ cup mayonnaise
1 packet of ranch dressing mix
1 cup finely diced ham
½ cup finely diced red onion

In a medium bowl, stir together the mayonnaise and ranch dressing mix. Add the peas, ham, and onion and fold together to coat. Refrigerate until serving.

Farm to School
SOUTH DAKOTA