

Taste Test: Pea Shoots



Pea shoots are the young leaves and stems of a pea plant. You can identify when the plant is edible as it will have soft leaves, curly-cue tendrils, and watery stems. As the pea plant matures, the shoots become inedible because the leaves and stem become tough and stringy. Pea shoots can be served raw or cooked, and they make a great garnish. They are most commonly found in various Asian cuisines but are getting more popular in North America. You can find pea shoots at grocery stores, farmers markets or you can grow them at home.

Food Fact

Pea shoots are a leafy green and therefore a good source of vitamin C, iron, and fibre¹.

How to Choose:

- If buying, look for pea shoots that are fresh, green, and crisp.
- They are best when they are brightly coloured and in crisp bunches with no yellow stalks or leaves.

How to Prepare:

- Wash the pea shoots in cold water.
- Cut off any yellowed or thick stems and tear the shoots into smaller pieces to either eat raw in a salad or to cook with.

How to Store:

- Within 1 day of obtaining your pea shoots, wrap them in a paper towel and place them in an open plastic bag in the refrigerator.
- Pea shoots can last up to 2-3 days in the refrigerator.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try pea shoots again?

YES NO

Ideas for Serving Pea Shoots:

- Add to any pasta as either a garnish or cooked into the sauce.
- Saute with olive oil, fresh lemon, and a dash of salt and pepper.
- Add to any salad or sandwich for an extra crunch.
- Saute with olive oil and garlic, add cayenne pepper for some spice.

Pea Shoot Salad with Fresh Lemon Vinaigrette

Makes 6 servings

Ingredients:

- ½ tsp lemon zest
- 1 Tbsp fresh squeezed lemon juice
- 1 clove garlic, crushed
- 1 tsp white wine vinegar
- ½ tsp sugar
- ¼ cup extra-virgin olive oil
- 6 cups pea shoots
- ½ cup frozen peas, defrosted
- ¼ shaved parmesan cheese
- Salt and pepper to taste



Directions:

1. Make the dressing by combining the lemon zest, lemon juice, crushed garlic, vinegar, sugar, and olive oil in a small bowl. Whisk together.
2. In a large salad bowl, toss together pea shoots with frozen peas. Sprinkle shaved parmesan over salad and season with salt and pepper.
3. Pour dressing over salad and toss just before serving.

Recipe from <https://thestayathomechef.com/pea-shoot-salad-with-fresh-lemon/#jump-to-recipe>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹Berkeley Wellness: University of California. Nutritious Pea Shoots. sweet pea shoots nutrition Accessed April 17, 2018.

²EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed July 19, 2012.