

SUGAR SNAP PEAS WITH MINT

Yield: 4 Servings



TOTAL TIME: 20 minutes

INGREDIENTS

- 1½ lb. sugar snap peas
- ½ cup mint, cut in thin strips
- Salt and pepper to taste

PREPARATION

1. Bring large pot of salted water to boil on high; add peas and blanch 2–3 min., or until crisp-tender. Drain.
2. Heat skillet on medium-high; add peas. Cook 3–4 min. until heated through. Add mint, tossing to combine. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 80; Fat: 0 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 16 g; Fiber 4 g; Protein: 4 g; Sodium: 200 mg.

Recipe courtesy of Wegmans