



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Trio of Peas

Ingredients:

- 2 teaspoons olive oil
- 1 cup snow peas, trimmed
- 1 cup sugar snap peas, fresh or frozen
- 2 cups frozen peas (8 ounces)
- 1/2 teaspoon freshly grated lemon zest
- 4 teaspoons lemon juice
- 1 1/2 teaspoons dried tarragon
- 1 teaspoon butter
- Salt, to taste

Directions:

1. Heat oil in a large nonstick skillet over medium heat.
2. Add snow peas and sugar snap peas and cook, stirring occasionally, for 2 minutes.
3. Stir in frozen peas; cook, stirring occasionally, until heated through, about 3 minutes. Remove from heat.
4. Stir in lemon zest, lemon juice, tarragon and butter; season with salt.

Serves 4

Nutrition: 71 calories, 2 g fat, 1 g saturated fat, 9 g carbohydrate, 3 g fiber, 3 g protein, 81 mg sodium

Source: Million Hearts



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