

RECIPES

Zesty Peas and Carrots



Ingredients (2 servings)

- 3/4 cup shelled green peas or frozen peas
- 2-3 tablespoons grated carrot
- 2 tablespoons minced green or white onion
- 1/2 teaspoon sugar
- dash of ground black pepper
- 1 tablespoon prepared Italian salad dressing

Healthy add-in:

chopped fresh dill (add in step 3).

Nutrition Information per serving

268 calories, 1.75 g fat, 0.22 g sat fat, 2.83 g protein, 11 g carbohydrate, 2.7 g fiber, 135 mg sodium.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. In a covered saucepan, boil peas, carrots and onion in a small amount of water until just tender. Remove from heat and drain. (Or cook covered in a microwave without water.)
3. Stir in sugar, pepper and dressing.
4. Using low heat, cook briefly until heated through.
5. Serve hot.

CARROTS

Choose: firm, shiny apples that smell fresh.

Store: in the crisper in the refrigerator or cut off the greens and store (peeled or unpeeled) in a container filled with cold water. Secure with a lid or plastic wrap. Replace the water every day with clean water. Best if used within 2 weeks.

How much? 1 carrot chopped = about 1/2 cup.