

PARMESAN PEAS

Prep time: 5 minutes, Cooking time: 10 minutes, Makes: 4 cups

Ingredients:

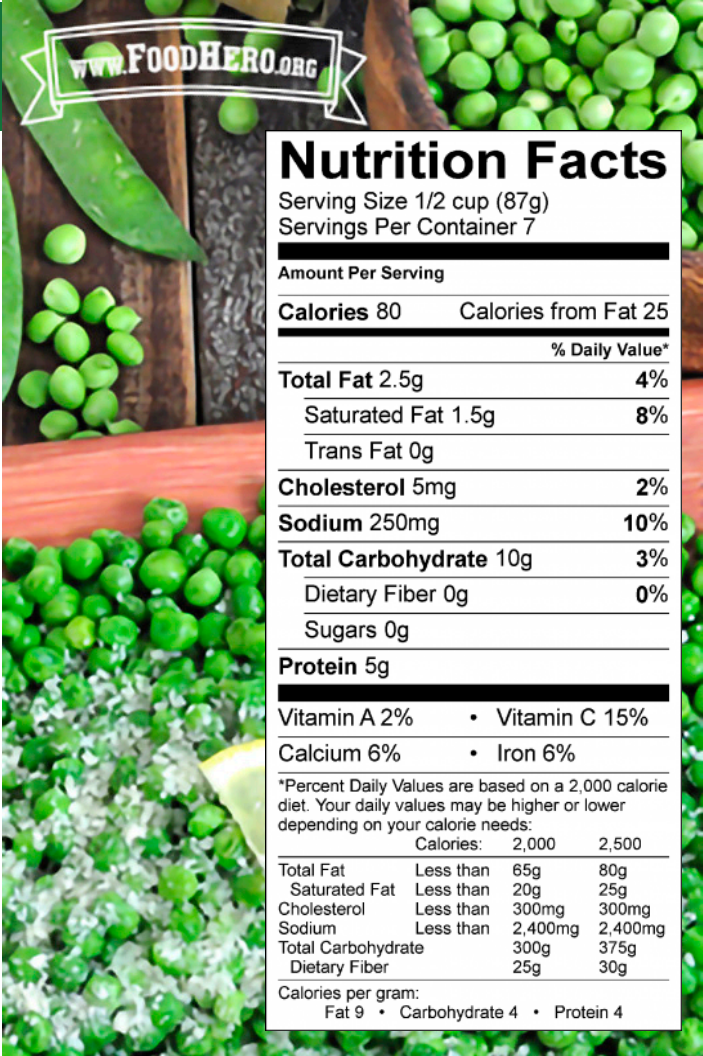
- 1 1/2 teaspoons margarine or butter
- 3 1/2 cups peas (about 2 cans [14.5 ounces each] drained or 16 ounces frozen)
- 1 1/2 teaspoons lemon juice
- 1/4 teaspoon black pepper
- 1/3 cup grated parmesan cheese

Directions:

1. Heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add peas and cook 2-3 minutes or until peas are heated through.
2. Add lemon juice and pepper and mix well. Sprinkle with parmesan cheese and serve warm.
3. Refrigerate leftovers within 2 hours.

Notes:

Try other types of cheese or a blend!
Freeze extra lemon juice to use later.



Nutrition Facts

Serving Size 1/2 cup (87g)
Servings Per Container 7

Amount Per Serving

Calories 80 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 5g

Vitamin A 2% • Vitamin C 15%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4