

Carrots and Sugar Snap Peas

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8 ounces fresh sugar snap peas
8 ounces fresh baby carrots
1 tablespoon garlic butter
1/2 teaspoon seasoned salt

Snip the ends of the peas (if needed). Set aside.

Place the carrots in a microwave-safe bowl.

Cover. Microwave on HIGH for 5 minutes.

Stir in the peas, garlic butter and salt. Cover.
Microwave on HIGH for 3 to 4 more minutes or
until tender.

Stir and serve.

Per Serving (excluding unknown items): 88 Calories; 1g Fat (11.4% calories from fat); 2g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 763mg Sodium. Exchanges: 0 Lean Meat; 3 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.