

Sweet Onion & Carrot Medley

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Servings: 6

Start to Finish Time: 30 minutes

2 cups fresh baby carrots

1/2 pound fresh sugar snap peas, trimmed

1 large sweet onion, halved and thinly sliced

4 teaspoons olive oil

2 cloves garlic, minced

1 tablespoon chives, minced

2 teaspoons honey

1/2 teaspoon salt

1/4 teaspoon pepper

Place one inch of water in a large skillet. Add the carrots. Bring to a boil.

Reduce the heat. Cover and simmer for 5 minutes.

Stir in the peas. Cover and cook for 3 minutes longer. Drain. Remove from pan and set aside.

Saute' the onion in oil in the same skillet until tender.

Add the garlic. Cook 1 minute longer.

Stir in the chives, honey, salt, pepper and vegetables. Heat through.

Per Serving (excluding unknown items): 72 Calories; 3g Fat (40.7% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 206mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.