

Corn and Roasted Pecan Saute'

Publix Aprons
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Servings: 6

1 medium poblano pepper, coarsely chopped
8 ounces fresh sugar snap peas (or snow peas), coarsely chopped
1/2 cup chopped pecans
1 tablespoon canola oil
1 bag (14 .4 ounce) frozen sweet corn
1/2 teaspoon Kosher salt
1/4 teaspoon pepper
3 tablespoons honey

Chop the pepper and the peas.

Preheat a large saute' pan on medium for 2 to 3 minutes. Place the pecans in the pan. Cook and stir for 1 to 2 minutes or until toasted. Remove the pecans from the pan.

Place the oil and corn in the same pan. Cook for 2 to 3 minutes or until warm.

Stir in the peppers, peas, salt and pepper. Cook for 2 more minutes or until the peppers are tender. Remove the pan from the heat.

Stir in the honey and pecans. Serve.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 123 Calories; 9g Fat (61.7% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	123	Vitamin B6 (mg):	trace
% Calories from Fat:	61.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	35.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	6mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	158mg
Potassium (mg):	80mg
Calcium (mg):	6mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	25mg
Vitamin A (i.u.):	90IU
Vitamin A (r.e.):	9RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 123 **Calories from Fat:** 76

% Daily Values*

Total Fat 9g	14%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 158mg	7%
Total Carbohydrates 12g	4%
Dietary Fiber 1g	4%
Protein 1g	

Vitamin A	2%
Vitamin C	41%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.