

Creamed Pearl Onions & Peas Recipe

By [Woman's Day Kitchen](#) from Woman's Day |
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Picky eaters will appreciate this recipe of pearl onions, peas and scallions that are drenched in a creamy roux peppered with Dijon mustard and cayenne. Moms will love how easy it is to microwave frozen veggies and toss them in a simple sauce.

Active Time: [10 minutes](#)

Total Time: [20 minutes](#)

Recipe Ingredients

1 bag (1 lb) frozen pearl onions
1 bag (16- to 20-oz) frozen peas
3 Tbsp butter
1/4 cup sliced scallions
3 Tbsp flour
2 cups milk
2 Tbsp Dijon mustard
1/4 tsp salt
1/8 tsp ground cayenne

Recipe Preparation

1. Place onions and peas in large glass bowl, cover with plastic wrap and microwave on high 12 minutes, stirring halfway, until cooked.
2. Meanwhile, melt butter in medium saucepan over medium-low heat; add scallions and sauté 2 minutes. Whisk in flour until blended; let bubble 2 minutes, stirring often.
3. Whisk in milk, mustard, salt and cayenne. Increase heat to medium and cook, stirring, 2 minutes or until thickened and bubbly. Stir in peas and pearl onions. Cook 5 minutes or until hot.

Planning Tip: Can be prepared up to a day ahead. Reheat in a medium saucepan over low heat, stirring gently, or reheat in microwave.



Photo: Con Poulos

Nutrition Facts

Yield 8 servings
Servings 8

Amount Per Serving

Calories 162

Total Fat 6g

Saturated Fat 4g

Cholesterol 18mg

Sodium 135mg

Total Carbohydrates 19g

Dietary Fiber 4g

Protein 6g