

Side Dish

Buttered Snap Peas

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1 1/4 pounds sugar snap peas
1 shallot, minced
2 tablespoons butter
1/4 teaspoon tarragon, chopped
1/2 teaspoon parsley
salt (to taste)
pepper to (taste)

In a large saucepan, cook the snap peas in boiling water until bright green., about 3 minutes. Drain.

In a skillet, cook the shallot in butter until soft, about 3 minutes.

Whisk in a splash of water, then add the peas and cook for 2 to 3 minutes.

Add the tarragon, parsley, salt and pepper.

Per Serving (excluding unknown items): 446 Calories; 23g Fat (48.1% calories from fat); 14g Protein; 42g Carbohydrate; 13g Dietary Fiber; 62mg Cholesterol; 269mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 1/2 Fat.