

Side Dish

Dilled Peas and Almonds

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 4

Preparation Time: 25 minutes

Cook time: 10 minutes

2 cups shelled fresh peas

1/4 cup onion, sliced

1 tablespoon butter

1 1/2 teaspoons snipped fresh dill

1/4 teaspoon salt

1/4 teaspoon ground black pepper

3 tablespoons slivered almonds or broken walnuts, toasted

in a medium saucepan, cook the peas and onion, covered, in a small amount of boiling salted water for 10 to 12 minutes or until crisp-tender. Drain.

Stir in the butter, dill, salt and pepper. Heat through.

Sprinkle with almonds.

Per Serving (excluding unknown items): 30 Calories; 3g Fat (85.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 163mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fat.