

Side Dishes

Peas With Lemon

Servings: 4

Exchanges: One serving = 3/4 bread, 1/3 fat.

2 cups shelled fresh peas or one 10-ounce package frozen peas

1 teaspoon butter or margarine

grated rind of one large lemon

1 slice lemon, curled, for garnish

Bring one cup of water to a boil in saucepan.

Place peas in steamer basket in saucepan, cover, and cook until tender, just a few minutes. If using frozen peas, cook with 1/2 cup water for 3-4 minutes, until heated).

Drain and toss with butter and lemon rind. Garnish with lemon slice.

Per Serving (excluding unknown items): 8 Calories; 1g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 3mg Cholesterol; 10mg Sodium. Exchanges: 0 Fat.