

## Fresh Peas with Mint

Instead of the same boring veggies, add a touch of flavor to peas with this sweet honey and mint recipe.

### Ingredients

- 1 T trans-fat-free spread
- 1 cup sliced green onions
- 2 garlic cloves, minced
- 4 cups shelled green peas (about 3 1/2 lbs unshelled)
- 1 cup water
- 1 cup reduced-sodium chicken broth
- 1 T honey
- 1/2 tsp salt
- 1/4 cup chopped fresh mint

### Directions:

Melt spread in a medium saucepan over medium-high heat. Add onions and garlic; sauté for one minute. Add peas, water, broth, honey and salt; bring to a boil. Reduce heat and simmer 12 minutes or until peas are tender. Remove from heat; stir in mint. Serve with a slotted spoon.



### Nutrition Facts

Yield 8 servings

Amount Per Serving

**Calories** 89

**Fat** 1.7g

**Sodium** 220mg

**Carbohydrate** 14.2g

Dietary Fiber 4.3g

**Protein** 4.4g

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