

Minted Peas in Lettuce Cups

Ingredients

- 10 oz. frozen peas, defrosted
- 2 oz. unsalted butter
- 1 onion, minced
- 1/3 cup fresh mint, chopped
- 1 tsp. sugar
- Salt and pepper to taste
- 8 Boston lettuce leaves, washed

Preparation

1. Sauté onions in butter until caramelized, about 10-15 minutes. Add peas, mint, sugar, salt and pepper and cook five minutes or until hot.
2. Serve warm peas in lettuce cups.

Yield: 2 cups, 8 servings



Nutrition Facts

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Amount Per Serving

Calories 89

Calories from fat: 61%

Total Fat 6g

Saturated Fat 3.6g

Cholesterol 16mg

Protein 2.2g

Sodium 99mg

Total Carbohydrates 7.3g

Dietary Fiber 2g

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