

Peas with Tarragon and Lemon

Ingredients:

- 3/4 cup shelled peas
- 1/4 cup whole sugar snap pea pods
- 1 teaspoon olive oil
- 2 teaspoons fresh tarragon
- 1 teaspoon lemon zest
- 1/4 teaspoon cracked black pepper
- Salt to taste

Directions

1. Cook peas and pea pods, covered, in 1/4 cup lightly salted boiling water in a medium saucepan for 3 to 5 minutes, or until just crisp-tender; drain well.
2. Gently toss cooked peas with oil, tarragon, lemon peel, and pepper in a medium bowl until butter melts. Serve immediately.

Nutrition Facts

Serving Size (75g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 4g

Vitamin A 35% • Vitamin C 2%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

