

SAUTEED SNAP PEAS with LEMON VINAIGRETTE

SERVES: 6 | SERVING SIZE: 2/3 cup | PREP: 10 minutes | READY: 15 minutes

INGREDIENTS

Lemon Vinaigrette

- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons fresh-squeezed lemon juice
- 1/2 teaspoon sugar
- 1/4 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon dried oregano

Sautéed Peas and Red Onions

- 1 pound fresh snap peas (also called sugar snap peas)
- 1 tablespoon olive oil
- 1 small red onion or shallot, sliced into 1/4-inch wedges
- 3 tablespoons crumbled feta cheese



DIRECTIONS

To prepare lemon vinaigrette, whisk together oil (1 1/2 tablespoons), lemon juice, sugar, mustard, salt, pepper, and oregano; set aside.

To prepare peas, snap or cut the stem end of the peas and pull the string off the length of the pod, discarding the strings and stem ends. Wash peas and pat dry with paper towel. Place oil (1 tablespoon) in a large skillet and heat over medium heat. Add snap peas and sauté 3 minutes. Add sliced onions to skillet and continue to sauté 2 minutes. Add lemon vinaigrette to skillet and sauté 1 minute.

Place sautéed vegetables in a serving bowl, top with feta cheese, and serve.

NUTRITION INFORMATION PER SERVING

97 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 2 mg cholesterol, 118 mg sodium, 7 g total carbohydrate, 2 g dietary fiber, 3.5 g total sugars, 0 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 49 mg (4%) calcium, 2 mg (10%) iron, 173 mg (4%) potassium

