

Healthy Food for a Wealthy Mood



Snap Pea and Radish Saute

12 oz. trimmed sugar snap peas
1 Tbsp. butter
1 tsp. fresh lemon juice
½ cup thinly sliced radishes
1 Tbsp. chopped fresh chives
¼ tsp. freshly ground black pepper
1/8 tsp. salt

Bring 6 cups water to a boil. Add peas and cook 30 seconds or until crisp-tender. Drain and rinse with cold water; drain. Cut half of the peas in half, diagonally. Heat butter in a large saucepan over medium-high heat; swirl until butter melts. Stir in lemon juice. Add peas and radishes; toss to coat. Sprinkle with chives, salt, and pepper.

Yield: 4 Servings (serving size: 2/3 cup)

CALORIES 65 / FAT 3.1g / SODIUM 108mg

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