

Cool and Minty Peas and Peanuts



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

1 cup fresh English peas or frozen peas
1 cup Spanish peanuts
½ cup reduced fat Greek yogurt.
½ cup sour cream
1 tsp agave
1 tsp cider vinegar
¼ cup chopped fresh parsley.
¼ cup chopped fresh mint or lemon balm

Directions

For English peas, drop them in boiling water for a minute, drain and immediately chill in an ice water bath. Use frozen peas right from the package.

Blend yogurt, sour cream, agave, vinegar, and the herbs. Fold in the peas and peanuts. Refrigerate.

This is a quick and fabulous recipe, more peas can easily be added .

Peas are exceptional good for you with vitamin c and antioxidants

Nutritional Information **Servings 8**

Calories per serving	156
Total Fat	10.2g
Saturated Fat	3.3g
Cholesterol	7mg
Sodium	24mg
Total Carbohydrates	7.7g
Dietary Fiber	2.7g
Protein	7.2gm