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Peas and Pearl Onions

Ingredients

2 cups frozen peas

2 cups frozen pearl onions

¼ cup water

Makes 4 servings

Instructions

1. Place frozen peas and pearl onions in a small saucepan with ¼ cup water. Bring quickly to a boil, stirring occasionally.
2. Reduce heat, cover and simmer until tender, about 4-5 minutes.
3. Avoid overcooking. Drain and season to taste.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving

Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 4g	**16%**
Sugars 9g	
Protein 6g	

Vitamin A 8% • Vitamin C 15%
Calcium 2% • Iron 6%

*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

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2010

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