

Sugar Snap Peas & Petite Green Peas

Author: Adapted from Phillis Carey's book, *Fast & Fabulous Entertaining Menus*

*Carolyn T's
Main Cookbook*

Servings: 6



Description: A vibrantly beautiful combination

1. Melt butter and oil in a large skillet over medium heat. Add the sugar snap peas and stir-fry until they're just bright green, about 2-3 minutes. Add the thyme and sugar and stir to combine.
2. Add the defrosted peas and continue cooking for 2-3 minutes, just until the peas are heated through. Season with salt and pepper to taste. Serve absolutely immediately as these cool fast!

- 1 tablespoon unsalted butter**
- 1 tablespoon extra virgin olive oil**
- 1 pound sugar snap peas, stems trimmed**
- 1/2 teaspoon dried thyme**
- 1/2 teaspoon sugar**
- 1 pound frozen peas, petite peas only, defrosted**
- Salt and pepper to taste**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 128 Calories; 4g Fat (31.4% calories from fat); 6g Protein; 16g Carbohydrate; 5g Dietary Fiber; 5mg Cholesterol; 90mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fat; 0 Other Carbohydrates.