

# Baked Carrot Ring with Green Peas

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## **Servings: 10**

*2 pounds carrots, cut up*

*2 eggs*

*1 cup milk*

*1 cup mashed crackers*

*3/4 cup grated Cheddar cheese*

*1/4 cup margarine, softened*

*1/4 cup minced onion*

*pepper*

*frozen green peas*

Preheat the oven to 325 degrees.

In a saucepan, cook the carrots until tender. Drain and mash.

In a large bowl, beat the eggs with the milk. Add the carrots, crackers, cheese, margarine, onion and pepper. Mix well. Transfer to a well greased six-cup ring mold.

Bake for 50 to 60 minutes or until brown and firm to the touch.

Meanwhile, in a saucepan, cook the frozen peas until tender. Drain. Toss with a bit of margarine.

Invert the carrot ring onto a serving platter. Fill the center and ring edge with peas.

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Per Serving (excluding unknown items): 141 Calories; 9g Fat (58.3% calories from fat); 5g Protein; 10g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 160mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.