

## **Savory Peas and Carrots**

Marian Brown - Mississauga, Ontario

Simple&Delicious Magazine - December 2011/ January 2012

**Servings: 4**

**Start to Finish Time: 20 minutes**

**1 1/4 cups fresh baby carrots, cut in half lengthwise**

**2 cups frozen peas**

**2 tablespoons butter**

**2 teaspoons dried minced onions**

**1/4 teaspoon dried marjoram**

**1/4 teaspoon dried thyme**

**1/8 teaspoon sugar**

**1/8 teaspoon pepper**

**dash celery seed**

Place the carrots in a saucepan with enough water to cover. Bring to a boil.

Cover and cook for 4 to 5 minutes or until crisp-tender., Add the peas during the last 3 minutes of cooking. Drain.

Stir in the butter, onion, marjoram, thyme, sugar, pepper and celery seed. until the butter is melted.

---

Per Serving (excluding unknown items): 135 Calories; 6g Fat (41.2% calories from fat); 4g Protein; 16g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 165mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1 Fat; 0 Other Carbohydrates.