

Vegetable Medley

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*2 cups canned whole kernel
corn, drained
2 cups cooked fresh frozen
peas, drained
1 teaspoon salt
1 teaspoon sugar
1/2 cup light cream
1/4 cup finely chopped
pimiento*

In a saucepan, combine the corn, peas, salt, sugar and cream.

Heat thoroughly.

Add the chopped pimientos.

Serve.

Per Serving (excluding unknown items): 578 Calories; 26g Fat (36.5% calories from fat); 13g Protein; 87g Carbohydrate; 9g Dietary Fiber; 79mg Cholesterol; 3270mg Sodium. Exchanges: 5 Grain(Starch); 4 1/2 Fat; 1/2 Other Carbohydrates.