

Italian Peas

AllRecipes.com - June/July 2019

2 tablespoons olive oil
3/4 cup chopped onion
2 cloves garlic, minced
1 pound frozen peas
1/4 cup chicken broth
1/2 teaspoon salt
1/4 teaspoon black pepper

In a skillet over medium heat, heat the olive oil. Add the onion and garlic. Cook, stirring, until the onion is translucent, about 5 minutes.

Add the peas, chicken broth, salt and pepper. Cook, covered, until the peas are tender, about 10 minutes.

Per Serving (excluding unknown items): 654 Calories; 29g Fat (39.2% calories from fat); 27g Protein; 75g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 1770mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 2 Vegetable; 5 1/2 Fat.