



Oven Roasted Sugar Snaps Parmigiano

Servings

4

Calories

180

Prep Time

5 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

2 (8 ounces) packages sugar snap peas

½ cup Parmigiano Reggiano, slivered

1 tablespoon extra virgin olive oil

salt and pepper to taste

The Method

Heat oven to 450° F. Spread Mann's Stringless Sugar Snap Peas in 13 x 9" baking pan and drizzle with olive oil. Sprinkle with salt. Toss to coat.

Roast 10 minutes. Remove from oven and sprinkle cheese evenly over the top. Return to oven and roast until cheese melts, about 3 minutes. Add more salt and pepper to taste. Serve.



Nutrition Facts

Serving Size: 237g | Servings: 4

Amount Per Serving

Calories 180 | Calories from Fat 50 | Total Fat 5g (sat fat 2g trans 0g) | Cholesterol 5mg | Sodium 105mg | Total Carbohydrate 21g | Dietary Fiber 0g | Sugars 0g | Protein 9g | Vitamin A 0% | Vitamin C 0% | Calcium 10% | Iron 0%