



Sugar Snap Peas Au Gratin

Servings

2

Calories

120

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

½ cup Mann's Stringless Sugar Snap Peas

3 tablespoons Parmesan cheese, grated

1 ½ tablespoons flour

1 teaspoon paprika

½ teaspoon onion powder

½ teaspoon celery seed, ground

1 tablespoon butter or margarine

½ cup milk



The Method

Set oven to broil. In a small pan, melt margarine or butter. Stir in flour; blend. Remove pan from heat and stir in milk, onion powder and ground celery seed. When well mixed, return to heat and cook, stirring constantly, until thickened.

Divide and arrange Sugar Snap Peas in bottoms of two individual baking dishes. Divide and pour sauce over the tops of the peas. Sprinkle with grated Parmesan and paprika. Put 6" under broiler and broil for 4 minutes or until sauce is bubbly and top is browned.

Microwave Directions: Place Sugar Snap Peas in microwave-proof casserole dish with 2 tablespoons of water and cover. Cook on high for 1 minute. Uncover and pour sauce over peas. Sprinkle with grated Parmesan and paprika. Microwave on high 1 ½ minutes. Let stand a few minutes before serving.

Nutrition Facts

Serving Size: 133g | Servings: 2

Amount Per Serving

Calories 120 | Calories from Fat 40 | Total Fat 4.5g (sat fat 2.5g trans 0g) | Cholesterol 0mg | Sodium 170mg | Total Carbohydrate 14g |

Dietary Fiber 2g | Sugars 5g | Protein 6g | Vitamin A 25% | Vitamin C 15% | Calcium 20% | Iron 8%