



TOASTY SNACKS

Peas and Lemon

INGREDIENTS

- 1 tsp olive oil
- 2 cloves garlic, finely chopped
- 1 cup peas, fresh or frozen
- 1 tsp lemon juice
- Romano or Parmesan, freshly grated
- salt and pepper
- 1 slices of toast

Vegetarian



PREP TIME: 3 MINS
COOK TIME: 5 MINS
CARB CHOICES: 1 CHOICE
PER SLICE OF TOAST

DIRECTIONS

This is like a less-salty, a more-rustic version of the British classic mushy peas.

Add a bit of olive oil to a pan on medium heat.

Drop in the garlic and peas along with 2 tablespoons of water so that the peas can steam a bit. Leave them until they turn bright green.

Sprinkle with lemon juice, Romano, salt, and pepper, then remove the peas from the heat and mash with the back of a fork, either in the pan or in a bowl.

Pile onto toast and enjoy!

Another option: mix peas with tzatziki, garlic powder, and fresh dill.

Recipe adapted from Good and Cheap by
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