

Creamy Peas & Shallots

You can cook the shallots several hours ahead, then finish with the peas, cream and seasonings at the last minute.

INGREDIENTS:

- ☐ 2 tablespoons unsalted butter
- ☐ 3 small shallots, peeled and cut into quarters or other segments about ½ inch wide
- ☐ ¼ cup chicken, turkey or vegetable broth
- ☐ 1 (16-ounce) package frozen peas
- ☐ ¼ cup heavy cream
- ☐ Salt and pepper to taste
- ☐ Pinch of nutmeg

INSTRUCTIONS: Melt butter in a skillet. Add shallots. Cook over medium-high heat until lightly browned, about 4 minutes. Add broth, bring to a simmer. Cook until tender, about 6 minutes.

Cook peas according to package directions, then add to shallots. Add cream; heat gently. Season with the salt, pepper and nutmeg.

Serves 6

PER SERVING: 145 calories, 5 g protein, 14 g carbohydrate, 8 g fat (5 g saturated), 24 mg cholesterol, 91 mg sodium, 3 g fiber.