



Green Pea & Rice Amandine

Makes 4 servings

Ingredients

2 teaspoons reduced-calorie margarine
1 cup frozen baby green peas
¼ teaspoon ground cardamom
¼ teaspoon ground cinnamon

Pinch ground cloves
Pinch white pepper
¾ cup cooked white rice
2 teaspoons slivered almonds

Instructions

1. Melt margarine in medium nonstick skillet over medium heat.
2. Add peas, cardamom, cinnamon, cloves and pepper.
3. Cook and stir 10 minutes or until peas are tender.
4. Add rice. Cook until heated through, stirring occasionally.
5. Sprinkle almonds evenly over servings.

Nutrition Facts

Serving size: Divide into 4 equal servings; calories per serving: 100; total fat: 2g; saturated fat: 1g; cholesterol: 0mg; sodium: 57g; carbohydrates: 18g; fiber: 2g; sugar: 0g; protein: 3g

Source: www.healthdiscovery.net

