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GREEN PEA + ONION PUREE

Smooth, flavorful puree to serve with cheese, or as a twist to add to a fresh pasta toss.

5 minutes
15 minutes
16 portions

INGREDIENTS

- 2 cups fresh or frozen green peas (not canned)
- 2 small white onions, chopped
- 1/2 stick salted butter
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon ground nutmeg

COOKING METHOD

1º In a medium saucepan, saute all ingredients, covered, for 10 minutes, or until the onions are soft.
2º Transfer everything to a food processor or blender, and puree until smooth.
3º Serve with cheese, or use in a fresh pasta toss.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (31 g)	% DRI
ENERGY	143 kcal	44 kcal	2 %
FAT	10 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	6 g	2 g	9 %
CHOLESTEROL	25 mg	8 mg	3 %
SODIUM	315 mg	97 mg	4 %
CARBOHYDRATE	11 g	3 g	1 %
SUGARS	5 g	1 g	–
FIBER	4 g	1 g	5 %
PROTEIN	4 g	1 g	–