

## Snappy Snap Peas

Serves 4

1, 12oz. bag frozen snap peas  
2 T water  
2 t garlic, minced  
2 t butter, unsalted  
1/4 t salt



Place water and snap peas in a covered, nonstick pan and heat at medium-high heat for 4 minutes. Remove cover, add butter, and salt and cook for an additional 3 minutes. Serve and enjoy.

Nutrition information per serving (about 1 cup): 70 calories, 2g fat, 2g protein, 12 g carbohydrate, 140mg sodium, 2g dietary fiber.



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