

Mushy Peas



Mushy peas are a great side dish with fried cod or salmon. You can add more liquid (water or cream) depending on how mushy you want your peas. Use low-fat milk if you're calorie-conscious.

By Stella

Prep: 5 mins

Cook: 10 mins

Total: 15 mins

Servings: 4



Ingredients

1 (10 ounce) package frozen green peas
¼ cup heavy cream
1 tablespoon butter
½ teaspoon salt
½ teaspoon freshly ground black pepper

Directions

Bring a shallow pot of lightly salted water to a boil over medium-high heat. Add frozen peas, and cook for 3 minutes, or until tender.

Drain peas, and transfer to a blender or large food processor. Add cream, butter, salt, and pepper, and process until blended, but still thick with small pieces of peas.

Adjust seasonings to taste, and serve immediately.

Nutrition Facts

Per Serving: 132 calories; protein 4.1g; carbohydrates 10.3g; fat 8.7g; cholesterol 28mg; sodium 396.4mg.