

Snow Peas with Orange Zest and Garlic

I wrote this recipe for my good friend Phil who enjoyed it during Tammi's wonderful Christmas dinner shared in Vermont. Anyone who has minimal cooking experience will like this recipe and even my husband, the reluctant cook, prepared it for us all. Just be sure not to overcook the snow peas.

Serves 4

Ingredients

2 cloves garlic, minced
1 tablespoon trans-fat free margarine
1 medium orange, zested
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Non-stick cooking spray
1 pound fresh snow peas

Directions

Combine the garlic, margarine, orange zest, salt, and pepper in a small bowl. With the back of a metal teaspoon mash the margarine until the garlic and zest are well combined. Heat a large skillet over high heat. Coat with a thin layer of cooking spray. Add the snow peas and margarine at once. Cook 3 to 4 minutes, stirring often, until the margarine coats the peas and they begin to turn a shade darker green. Transfer to a medium bowl and serve immediately.

Make It A Meal

Serve with Roasted Lemon Chicken or a Baked Sweet Potato.