



Braised Green Peas with Tomatoes, Carrots and Potatoes

Did you know green peas are one of the best plant based sources of protein? They are also an excellent source of fiber and other nutrients. This dish is a delicious vegetarian main course or a colorful side to roasted meats and it comes together surprisingly quickly.

Serves: 6

Serving Size: 1 cup

Ingredients

- 1/4 cup olive oil
- 1 medium yellow onion, peeled and chopped
- 2 green onions, trimmed and chopped
- 2 medium carrots, peeled and chopped small
- 2 small russet potatoes, peeled and chopped medium
- 1/4 cup white wine or broth
- 15 ounce can crushed tomatoes
- 4 cups hot water
- 1 pound frozen peas
- 2 Tablespoons fresh dill, chopped
- Zest of one lemon
- 1 Tablespoon lemon juice
- Salt and pepper to taste

Directions

1. Heat oil in medium pot over medium-high heat. Add yellow and green onions and sauté for 2 minutes.
2. Add carrots and potatoes and sauté for 2 minutes.
3. Add white wine or broth and deglaze until very little liquid remains, about 2 minutes.
4. Add crushed tomatoes, water, salt and pepper to taste and bring up to a boil. Reduce to a simmer and cook uncovered until potatoes are cooked through and sauce has thickened, about 15-20 minutes.
5. Add peas and 1 Tablespoon of dill.
6. Cover pot and cook for 5-7 minutes. Turn off heat and add remaining dill, lemon zest, and lemon juice. Taste and adjust seasoning.

Nutrition Info per serving:

Calories: 234, Saturated Fat: 1.4 g, Sodium: 492mg, Added Sugars: 0g, Fiber: 6 g

Recipe courtesy of Maria Delis, RD LDN