



Grilled Snow Peas & Mushrooms

Servings

4

Calories

150

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

4 cups Mann's Snow Peas

½ cup mushrooms, sliced

2 tablespoons green onions, sliced

1 tablespoon dill, fresh

2 tablespoons butter or margarine

1 (18"x24") aluminum foil, heavy duty

salt and pepper to taste



The Method

Center Mann's Snow Peas and mushrooms on sheet of aluminum foil. Sprinkle with onions, dill and add butter. Bring up foil sides. Double fold top and ends to seal making one large packet, leaving room for heat circulation inside. Preheat grill to medium-high.

GAS GRILL: Place foil packet over medium-high heat, cover grill and cook for 5-8 minutes or until tender.

CHARCOAL GRILL: Place foil packet over medium-high heat and cook uncovered for 8-10 minutes or until tender.

OVEN: Preheat oven to 450° F. Place foil packet on cookie sheet and bake for 5-10 minutes or until tender.

Open foil packet carefully to allow steam to escape. Add salt and pepper. Serve hot.

Nutrition Facts

Serving Size: 266g | Servings: 4

Amount Per Serving

Calories 150 | Calories from Fat 60 | Total Fat 6g (sat fat 3.5g trans 0g) | Cholesterol 15mg | Sodium 15mg | Total Carbohydrate 18g | Dietary Fiber 6g | Sugars 9g | Protein 7g | Vitamin A 50% | Vitamin C 230% | Calcium 10% | Iron 25%