

## Cider, Peas and Apples

Number of servings: 4  
 Preparation time: 10 minutes  
 Total time: 15 minutes

### Ingredients:

- 3 cups peas
- 1 medium apple, cored and thinly sliced
- 1/3 cup apple cider or apple juice
- 1 tablespoon cornstarch

### Equipment Needed:

Cutting board  
 Knife  
 Saucepan with steamer basket  
 Large non-stick skillet  
 Wooden spoon  
 Measuring spoons and cup

### Directions

- Place steamer basket in a saucepan and add water until just below the basket; bring to boiling.
- Add peas to steamer basket; cover and steam for 5 minutes.
- Add apple slices; steam for 2-4 minutes more or until apples are just tender
- Meanwhile, in a large skillet combine apple cider or juice and cornstarch. Cook on medium heat and stir until mixture is thickened and bubbly.
- Cook for 1 minute more, stirring often. Add the peas and apples, tossing them gently together to evenly coat with sauce.

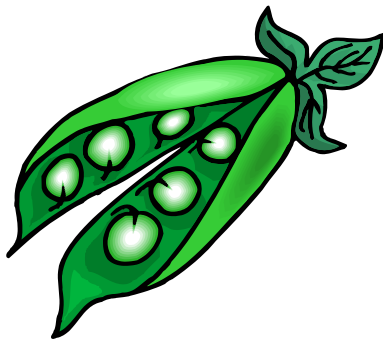
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### Nutrition Facts

Serving Size: 1 cup			
Servings: 4			
Amount Per Serving			
Calories	119	Calories from Fat	5
		%Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	118mg		5%
Total Carbohydrate	24g		8%
Dietary Fiber	6g		24%
Protein	6g		12%
Vitamin A	45%	Vitamin C	36%
Iron	6%	Calcium	2%
*Percent Daily Values are based on a 2,000 calorie diet.			



**This sweet vegetable dish is high in fiber, and would make a great side for pork**

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