### **HONOR LIFE**

FOCUS OF THE MONTH

# Find your calm and inner

Give yourself space to relax and recharge. No matter how busy your day seems, try a quick 'peas-ful' pause: take some breaths wherever you are, and allow yourself a few seconds to unwind and find calm.



## For more information, you can contact the Medical Nutrition Therapy Department at 928-729-8461

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### CRUNCHY ROASTED BAKED GREEN PEAS SNACK

### **INGREDIENTS**

- 2 cups frozen green peas
- 1 tsp olive oil
- Salt and seasonings to taste

### INSTRUCTIONS

- 1. Preheat the oven to 375F. Line a baking sheet with parchment paper.
- 2. Thaw the green peas, drain the water and put the green peas on paper towels. Blot them with paper towels as well so the peas are as dry as possible.
- 3. Put the green peas in a bowl, drizzle with oil and toss so they are all coated with oil.
- 4. Put the peas on a baking sheet in a single layer.
- 5. Put the peas the oven and bake for 45 minutes.
- 6. Check the roasted peas and see if they are crunchy enough. If not, return to the oven for another 10 minutes.
- 7. Sprinkle roasted peas with salt and spices to taste.