

HONOR LIFE

FOCUS
OF THE
MONTH

Find your calm
and inner
'peas'

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**



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.

