

Low Fat Creamed Peas and Potatoes

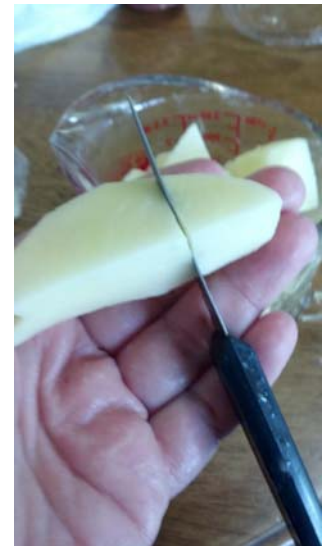


Taken from www.homemakingdivas.com website



- 5 medium red potatoes
- 4 cups fresh or frozen peas
- 1 teaspoon salt

Cut potatoes into one inch size chunks. Place the potatoes and salt in a 5 quart pot of water and bring the water to a boil. Boil for 10 minutes. Add peas to the potatoes and bring to boil again. Cook until potatoes are tender but not too soft. It will take 5 to 10 minutes after adding the peas. (Total cooking time of the potatoes is about 18-20 minutes) Drain water off by pouring the peas and potatoes in a strainer.



While potatoes are cooking, make the white sauce.

1/2 cup flour

1/2 cup water

1 teaspoon chicken broth granules

2 cups 1% milk

1/2-3/4 teaspoon salt

1/4 teaspoon pepper

In a small bowl mix the water and flour. Stir until smooth and set aside.



In a 4-6 cup microwavable bowl warm 1 cup of milk and the chicken broth granules in the microwave for 1 minute. Add the water and flour mixture and stir. Microwave for 1 minute and stir. Return to the microwave and cook for 1 minute. Add one more cup of milk. Continue cooking and stirring for 1 minute increments until the cream is thick. (About the constituency of white gravy). Add the 1/2 teaspoon salt and pepper. (More salt can be added later after peas and potatoes have been added to sauce)

After straining water from peas and potatoes return to the pan they were cooked in. Pour the sauce over the vegetables and stir. Add more salt and pepper to taste if needed.



Freezing Directions:

Place creamed peas and potatoes in a freezer bag. Push all the air out of the bag. Seal and place in the freezer.

When ready to serve creamed peas and potatoes, thaw and reheat in a casserole dish in the microwave. Stir every minute and continue to heat until desired temperature. The peas and potatoes will be a little softer than when originally cooked. If you are only preparing this dish for the freezer you might want to decrease cooking time by 3-4 minutes (until potatoes are crispy tender)

Creamed Peas and Potatoes

16 – 1/2 cup Servings

Amount Per Serving	
Calories	85.1
Total Fat	0.5 g
Saturated Fat	0.3 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.1 g
Cholesterol	1.7 mg
Sodium	192.2 mg
Potassium	271.4 mg
Total Carbohydrate	16.4 g
Dietary Fiber	2.4 g
Sugars	3.7 g
Protein	4.0 g

Vitamin A	6.7 %
Vitamin B-12	2.5 %
Vitamin B-6	8.4 %
Vitamin C	30.7 %
Vitamin D	4.0 %
Vitamin E	0.8 %
Calcium	4.8 %
Copper	7.3 %
Folate	8.8 %
Iron	4.8 %
Magnesium	6.0 %
Manganese	12.2 %
Niacin	8.1 %
Pantothenic Acid	3.4 %
Phosphorus	9.2 %
Riboflavin	7.9 %
Selenium	4.7 %
Thiamin	11.0 %
Zinc	4.7 %