

EVERYTHING *Herbal*

— by Cheryl Jabz —

www.EverythingHerbalbyCherylJabz.com

Fenugreek Green Peas



BENEFITS: Rich in fiber and plant protein. Quick 10-minute side dish.



INGREDIENTS

- 3 cups peas
- 1 tbsp butter
- 1/4 tsp ground fenugreek
- 1/4 tsp garlic powder
- Salt and pepper



INSTRUCTIONS

- 1 Cook peas until heated through.
- 2 Toss with butter and seasonings.
- 3 Serve immediately.



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