

SESAME PEAS

Time: 10 minutes

Serves: 4

Ingredients:

1 tablespoon sesame oil
1/8 teaspoon Kosher salt
1 pound fresh peas

Preparation:

Preheat your barbecue grill on medium-high.

Mix the sesame oil and Kosher salt in a small bowl or glass.

Drizzle it over the peas and toss to coat evenly in a bowl of sufficient size.

Place the coated peas in a barbecue grilling basket and place on the grill.

Cook for five minutes, stirring frequently.

Remove from the grill and serve immediately.

Nutritional Information Per Serving:

Calories: 77
Fat: 4g
Carbs: 9g
Fibre: 3g
Protein: 3g