
Corn, Sugar Snap Pea and Bacon Saute

Diane Phillips, cookbook author, Dec. 2010



- 12 slices bacon, cut in 1/2" dice**
- 1 cup onion, finely chopped**
- 1 1/2 pounds sugar snap peas**
- 4 cups corn (fresh or frozen & defrosted)**
- 1 tablespoon Dijon mustard**
- 1 tablespoon brown sugar**
- 1 tablespoon freshly ground black pepper**
- 1/4 cup fresh chives, minced**

Per Serving (excluding unknown items): 172 Calories; 6g Fat (28.6% calories from fat); 8g Protein; 24g Carbohydrate; 5g Dietary Fiber; 8mg Cholesterol; 193mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

1. In a large skillet, cook the bacon until it is crisp; remove to paper towels to drain.
2. Skim off all but 3 T. of fat, then saute the onion for 3 minutes, until it begins to soften, then add peas and saute for 3-4 more minutes, until the peas begin to turn bright green and glossy.
3. Add the corn, mustard, sugar and pepper and toss to combine. Cook for another 3-5 minutes until the corn is cooked through. (It can be made ahead to this point, cooled, covered and refrigerated - reheat in a skillet before serving.)
5. Serve the saute in a large serving bowl garnished with the reserved crumbled bacon and minced chives.