

## Sugar Snap Peas and Carrots

Brittany Allyn

Serves 4

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### Ingredients:

1 cup sliced Carrots (about 2 Carrots)  
1 cup Sugar Snap Peas trimmed  
(*Cut in half lengthwise*)  
1 tsp Extra Virgin Olive Oil  
1 clove of Garlic slightly smashed  
½ cup Heavy Cream  
¼ cup freshly grated Parmesan Cheese  
A dash of Nutmeg  
(preferably freshly grated)  
Sea Salt and Black Pepper to taste.



### Directions:

Place the sliced carrots in a small saucepan and cover with water. Bring to a boil and cook for 2-3 minutes or until crisp tender. Meanwhile in a small skillet heat the olive oil. Add the garlic and sauté until lightly browned. Remove the garlic and discard. Add the heavy cream and heat for about 1 minute. Add the parmesan, nutmeg and combine. Salt and pepper to taste. Remove the sauce from the heat. Add the peas to the saucepan with the carrots and cook for 1-2 minutes. Drain the vegetables well and add to the sauce. Return the pan to the heat and heat through. Peas should still be crisp tender. Serve immediately.