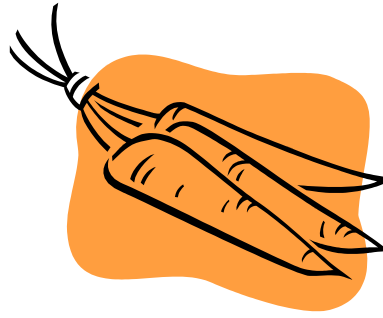


Carrots in a Pod

1 cup pea pods, snap peas or snow peas
1 cup carrots – sliced or matchsticks
1 tsp salt
2 Tbs butter, or olive or grape seed oil
Seasonings of your choice



Put the oil in a wide pan. Add everything else and start cooking it until things are tender enough for you.