

Post Valentine's Day Sugar Crash? May we Suggest Some Peas of Mind

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Consume one too many chocolate truffles yesterday? Does the thought of another bite of sugar cookie with pink frosting have you feeling ill? While there is nothing wrong with a little indulgence every now and then (especially on Valentine's Day), we all know how important a healthy diet is, especially for our little ones. That's why we're always on the lookout for healthy and convenient foods for the kiddos.

We've found a fabulous product to share, **Peas of Mind**. Sure to bring all parents a little peace of mind, these puffets are

mini-casseroles made with organic ingredients. Kids love them because they taste great. Parents love them because it's an easy way to get your kids to eat their veggies.

Available in 4 delicious, nutritious flavors. You can find store locations or order directly online at PeasofMind.com. They also offer some fantastic recipes on their site, definitely worth taking a look! Here is this month's yummy idea:

Edamame Stuffed Puffets:

- 2 cups shelled edamame, frozen
- 1 small head of garlic, roasted
- 2 large tbl goat cheese
- 1/4 cup fresh parsley leaves
- 1 tsp scallion, roughly chopped
- 1/2 medium lemon, juiced

- salt & pepper
- olive oil

Preheat oven to 350 degrees.

Chop off the top of the garlic head to expose the cloves. Place garlic in aluminum foil and drizzle with olive oil, salt, and pepper. Seal foil and bake for about 35 minutes. Cool garlic and gently squeeze 10 soft cloves out of their shell.

Bring 3 cups of water to a boil. Add 1 tsp of salt and the frozen edamame. Boil for about 3 minutes and drain over a bowl. Keep the drained water on reserve for later use.

To a food processor add: edamame, parsley, goat cheese, lemon juice, chopped scallion, 10 roasted garlic cloves, and 1/4 cup + 2 tbl of the reserved edamame cooking water. Blend until smooth.

To stuff your Puffet: fill a pastry bag with the edamame mixture. Puncture one side of the Puffet and gently squeeze the mixture inside the Puffet. This technique works especially well with Eat Your Greens and Black Bean Polenta Puffets! The mixture is just as good as a dip.

For more recipes and to order visit PeasofMind.com.