



Recipes



Infant & Toddler

Roasted Parmesan Peas

Prep time: 5 minutes

Makes 6 servings

Tools:

- Cheese grater
- Measure cups and spoons
- Bowl
- Baking tray

Ingredients:

- 3 cups of frozen or fresh peas
- 1 tbsp olive or avocado oil
- ½ cup Parmesan cheese

Directions:

1. Preheat the oven to 350 degrees F.
2. Thaw frozen peas or wash fresh peas. Children can assist in washing the peas.
3. Grate the Parmesan into smaller pieces.
4. In a bowl, mix peas, oil, and Parmesan together. Children can assist in adding ingredients and mixing the ingredients together.
5. Spread the mixture evenly on a baking tray, and bake for 20-30 minutes, or until peas begin to brown. Shake every 5-10 minutes.
6. Let cool for 10 minutes, and transfer to a paper towel or clean towel to soak up the excess oil.
7. Serve and enjoy!

