

Mangia Bene, Viva Bene

By FRANK ZEOLI

Peas & Macaroni



Growing up in an Italian American home, I was introduced to many food combinations that were described to me as “comfort food” or often referred to as “peasant food”. My grandmother was born in the U.S to immigrant parents who spoke little English. They came to this country with very little but managed to provide her with a good childhood. She used to say she never knew there was a depression in her home. She always had a roof over her head, clothes on her back and plenty to eat. She said her mother would use every part of the chicken and make a weeks’ worth of meals out of it.

The dishes she would make were simple, but they tasted

good and provided comfort to the entire family. It is amazing that the food my grandmother called “peasant food” is now sold in some of the best Italian restaurants.

Over the next few months, I am going to showcase some of the best comfort food my grandmother introduced me to.

Prep Time: 5 Minutes
Cook Time: 15 Minutes

Ingredients

- 1/2 of a medium sized onion, diced small
- 3T of olive oil
- 1lb of elbows or any small pasta
- 1lb of frozen sweet peas, thawed
- 24oz of marinara sauce
- 1/4 cup of parmesan cheese
- salt & black pepper to taste

Instructions

In a medium saucepan add the olive oil and sauté the onions until they are translucent. Add the thawed frozen peas and cook for approximately 5 minutes. Once the peas are cooked, add the marinara sauce to the pan.

In a separate pan, boil the pasta in salt water. Once the pasta is cooked, drain the pasta and return it to the pan. Add the cooked peas, marinara sauce, and parmesan cheese to the pasta. Add salt and pepper to taste.

Serve hot with a little extra parmesan cheese.

Look for more recipes in the next addition of the SIAMO Qui.