

Mangia Bene, Viva Bene

By FRANK ZEOLI



As I continue with my grandmother's favorite vegetable recipes, I turn to green peas. I have always enjoyed peas in any dish. A lot of Italian families would make Piselli cacio e uova which is peas with cheese, onions and eggs. Instead, she would make peas this way. I would have to say this was her signature pea recipe. It is an extremely easy dish to make but it's oh so good.

Prep Time: 5 Minutes

Cook Time: 20 Minutes

Ingredients

- 1 lb. of frozen green peas (steam in the bag works better)
- ½ medium onion (diced)
- 1 T of olive oil
- 2 oz. water
- ¼ teaspoon of granulated garlic
- salt and pepper to taste

Instructions

1. Steam or boil the frozen peas until they are cooked based on the method used.
2. In a medium pan, heat the olive oil, add the diced onions and sauté about 5 minutes until the onions are translucent.
3. Add the cooked peas and mix them with the onions sautéing them for about 1 minute.
4. Add the water, granulated garlic, salt, and pepper.

5. Let them simmer, turning them occasionally, until all of the water has evaporated.
6. Remove them from the pan and serve them hot.

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in the next edition of the
SIAMO QUI.