



# Mangia Bene E Vivi Bene!

By FRANK ZEOLI



## Pasta e Piselli (White)



**P**asta e Piselli, or Pasta with Peas, is a traditional Italian comfort food bursting with flavor. It's not a dish you would usually find served in restaurants, but every Italian household has its own family recipe, and mine was no exception. Where my mother's family made it with tomato sauce, my father's family made it with garlic and oil. Either way, it's made with simple ingredients and is always delicious.

PREP TIME: 15 MINUTES COOK TIME: 20 MINUTES

### INGREDIENTS

- 4 cloves of garlic (chopped)
- 1 medium-sized onion
- 1 cup of olive oil
- 1 can of sweet peas (drained) or bag of frozen steam-in-bag peas (steamed)
- 1 lb of Ditalini or Orecchiette pasta
- ½ teaspoon of kosher salt
- ½ teaspoon of black pepper
- 2 tablespoons of dried parsley

### INSTRUCTIONS

1. Dice the onion. Add the onion and two tablespoons of olive oil to a frying pan and sauté on medium heat until translucent. Do not burn the onions. Add the drained or steamed peas to the pan and sauté for another 5 minutes. Reserve the peas in a bowl for later.
2. Add the chopped garlic, the remainder of the olive oil, salt, pepper, and parsley, and sauté in a medium-sized fry pan until the garlic is golden brown, being careful not to burn the oil or garlic. Remove from the heat.
3. Bring a salted pot of water to a boil and add the pasta, cooking until it's al dente. Drain the pasta and return it to the pot. Add the peas, onion, garlic, and oil, and stir until thoroughly mixed. Adjust the salt and pepper as needed.

**The pasta should have a silky-smooth garlic taste. I always serve with parmesan cheese and a nice glass of Chianti wine. Buon Appetito.**



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