

Pasta with Peas



Makes 4 (1-cup) Servings

Ingredients:

- 1 pound peas (fresh or frozen)
- ½ pound (8 oz.) dry short, shaped pasta (e.g.: elbows, mini shells, ditaloni)
- ½ cup grated parmesan cheese, plus more to serve
- 2 cups vegetable broth (or water)
- 1 small onion, diced
- 1 Tbsp. olive oil
- Salt and pepper to taste

Directions:

1. Warm the olive oil in a large pot over medium heat. Add the diced onion and cook until the onion has softened and turned translucent, about 5 minutes.
2. Add the peas and cook, stirring frequently, about 1 minute.
3. Add vegetable broth (or water to limit sodium), raise the heat and bring to a boil.
4. Stir in the pasta and lower heat to medium. Cover with a lid and cook until all liquid is absorbed. While cooking, stir every 2-3 minutes to avoid pasta from sticking to bottom. This should take about 8-10 minutes. Pasta should be firm to the bite when done. If all water has absorbed but pasta is still too hard, add ½ cup water and continue cooking until pasta is done.
5. Turn off heat. Stir in parmesan cheese. Serve immediately. Add salt and pepper to taste (salt is optional if limiting sodium in diet).

Nutritional facts per 1-cup serving:

Calories: 376 • Fat: 8g • Sodium: 782mg (less if using water NOT broth)
Carbohydrates: 57g • Dietary Fiber: 8g • Protein: 18g

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