

Peas with Pancetta

From a *Cooking Light Magazine* article.



Would make a great holiday dinner vegetable.

- 2 ounces pancetta, chopped
- 2 teaspoons olive oil
- 3/4 cup white onion, diced
- 1 whole garlic clove, minced
- 3 cups frozen peas, petite
- 1/2 cup chicken broth
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 cup Italian parsley, minced

Serving Ideas: Serve in a light colored bowl - the dish looks very pretty with the green and red-brown of the pancetta. If serving with lamb, add some fresh mint to the top. Would make a very nice holiday dinner vegetable, especially with lamb, pork or turkey.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Pancetta is an Italian bacon product. You may have to find an Italian market to buy it, although some delis and gourmet markets will carry it. Ahead of time you can cook the pancetta and onion mixture and set the pan aside until you're ready to do the last minute cooking. You could even defrost the peas ahead of time and they will take less time to cook. The pancetta gives the peas a nice depth of flavor. Do not substitute bacon as it will overpower the delicate taste of the petite peas.

1. In a large nonstick skillet over medium high heat cook the pancetta until it is crispy but not brown. Remove to a small bowl and set aside. Add the diced onions to the drippings in the pan and sauté for about 5 minutes, then add the garlic. Continue to cook for about another minute. Do not let the garlic brown. Add the peas, chicken broth, sugar and salt. Simmer for about 5 minutes (or less) until the peas are just tender, stirring occasionally.
2. Stir in the pancetta and chopped parsley and turn out into a heated bowl and serve.

Per Serving (excluding unknown items): 102 Calories; 3g Fat (23.5% calories from fat); 7g Protein; 13g Carbohydrate; 4g Dietary Fiber; 7mg Cholesterol; 490mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.