

# Pasta with Peas

What does “comfort food” mean to you? To us, it means this perfect, familiar dish that’s quick and easy to boot. You actually cook the peas just by draining the pasta over them in the colander!

Makes: 6 servings

Prep Time: 15 minutes

Source: [chopchopfamily.org, recipe/ pasta-with-peas](http://chopchopfamily.org/recipe/pasta-with-peas)

## Ingredients

- 2 cups (about 10 ounces) frozen peas (do not defrost them)
- 1 pound small-size whole-wheat pasta shapes ( 16 oz.)
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon kosher salt
- black pepper

## Directions

1. Put the peas in the colander and put the colander in the sink.
2. Fill the pot halfway with water and bring to a boil over high heat.
3. Add the pasta and cook until tender, about 12 minutes. Just before the pasta is done, use the mug to carefully scoop out 1/2 cup or so of cooking water and set it aside.
4. Drain the pasta in the colander with the peas.
5. Put the pasta and peas in the bowl and add the oil, butter, salt, and pepper. Mix well. If the pasta seems dry, add some of the reserved cooking water, then mix again. Add the Parmesan cheese.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 2/3 cups

Nutrients	Amount
Calories:	413
Total Fat:	9.6 g
Saturated Fat:	4.5 g
Cholesterol:	18 mg
Sodium:	396 mg
Total Carbohydrates:	62.8 g
Dietary Fiber:	10.1 g
Total Sugars:	5.6 g
Added Sugars:	0 g
Protein	19.2 g

## Utensils Needed

- Colander
- Large pot
- Measuring spoons
- Measuring cup
- Pot holders
- Mug
- Large serving bowl

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.94

Average cost/serving: \$.66

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Grated Parmesan Cheese  
(8 oz.)



Add 1 to Cart  
Frozen Peas (12 oz.)



Add 1 to Cart  
Whole Wheat Pasta (1 LB)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Leftover peas pair nicely in any chicken or tuna dish to add extra flavor!
- Grated parmesan cheese can be used in small amounts to lightly garnish any dish to add a nutty flavor!
- Looking for more recipe inspiration? Check out [snapedny.org](http://snapedny.org)