

Give Peas A Chance – Camerota’s Cupboard – June 2014

According to this month’s AARP Bulletin, “Lowering your cholesterol and reducing your heart disease risk may be as easy as eating a daily serving of beans, split peas, chick peas, or lentils. Researchers reported that about three-quarters of a cup daily of any of these legumes resulted in a 5 percent drop in “bad” LDL cholesterol – thereby reducing heart disease risk.” June is the season for fresh peas including Chinese snow peas and sugar snap peas. Here are 3 recipes for your healthful eating pleasure.

Sesame Sugar Snap Peas

(From AICR (American Institute for Cancer Research))

Sugar snap peas are sweet, crunchy and a great healthy snack or side. They’re high in vitamins A, C and K, as well as fiber. Roasting helps bring out their sweetness even more. Glazed with soy sauce, red pepper flakes and sesame seeds, these pods are a great way to add extra veggies to your diet in a delicious way. I just ate some raw from my container garden!

2 teaspoons extra virgin olive oil
2 cloves garlic, finely minced
1 pound sugar snap peas, trimmed
1 tablespoon reduced-sodium soy sauce
½ teaspoon sesame seed oil (can use toasted sesame seed oil)
Pinch of crushed red pepper flakes or to taste
1 teaspoon honey
1 tablespoon toasted sesame seeds

- Place oven rack in highest position and preheat broiler.
- In mixing bowl, whisk together olive oil and garlic. Add snap peas and toss to coat well.

- On baking dish, place snap peas in single layer. Broil until tender, about 5-6 minutes.
- While peas are cooking, mix together soy sauce, sesame oil, pepper flakes and honey.
- After removing snap peas from oven, gently toss with soy sauce mixture. Garnish with sesame seeds.
- Serve hot or chilled as side dish. Hot is most common.

4 Servings

Per serving: 90 calories; 4g total fat (0.5g saturated fat); 11g carbohydrate; 3g protein; 3g dietary fiber; 140 mg sodium.

Pasta Primavera with Green Vegetables and Herbs

(Adapted from *The New Prostate Cancer Nutrition Book* by Charles “Snuffy” Myers, MD, et. al.)

Aromatic fresh herbs and spring vegetables make pasta primavera perfect for a crowd (**serves 15**) on these long early summer evenings. Serve this dish either hot, cold, or at room temperature (my favorite way). Be sure to mix the ingredients completely again before serving the pasta cold.

2 pounds dried penne, rotelle, or medium shells
 4 garlic cloves, minced
 1 cup carrots, diced
 1 cup celery, diced
 1 cup onion, diced
 1 cup broccoli, chopped fine
 1 cup peas
 1 cup fennel bulb, chopped fine
 1 teaspoon coriander seeds, toasted and ground
 1 teaspoon fennel seeds, toasted and ground
 1-2 tablespoons olive oil
 Salt and black pepper, to taste

Your favorite vinaigrette, homemade if possible

¼ cup fresh parsley, minced

¼ cup fresh basil minced

¼ cup pitted black olives, sliced

- Bring a large pot of water to the boil. Add the pasta, cook until al dente, and then drain.
- Prepare the vinaigrette
- Dice and chop the vegetables while waiting for the water to boil and the pasta to cook.
- In a large sauté pan, add a little oil and sweat the garlic, celery, onions, carrots, and spices until slightly soft and translucent. Add the broccoli, peas, and fennel and cook until tender.
- When the pasta is al dente, drain it completely, place it in the sauté pan, and stir until the vegetables coat the pasta. Add the vinaigrette and mix it into the pasta. Stir in sliced black olives and fresh herbs.

Split Pea Soup

(From the Nutrition Council of Greater Cincinnati's *More Nutritious, Still Delicious*)

Homemade pea soup is much lower in sodium than canned. It is also a great source of dietary fiber. A one cup serving provides about half the recommended daily amount for most people.

2 tablespoons olive oil

1 large onion, chopped

2 cloves garlic, minced

1 pound split peas (rinsed in cold water to clean)

8 cups water

2 medium carrots, peeled and chopped

1 stalk celery, diced
½ teaspoon thyme or several sprigs of fresh thyme
2 tablespoons dried parsley flakes or handful of chopped fresh parsley
½ teaspoon salt
¼ teaspoon black pepper
1 bay leaf
Dash hot sauce

Stove Top:

- In a large pan, heat oil. Saute onion until tender, about 5 minutes.
 - Add garlic, cook for about 30 seconds.
 - Add all remaining ingredients; stir gently to combine.
- Simmer with pan partially covered until peas are tender. Stir occasionally.

Slow Cooker:

- Combine all ingredients in a slow cooker. Stir gently to combine.
- Cover; cook on low for 8 to 10 hours. Soup can be pureed if desired.

8 Servings (About 1 cup per serving)

Per 1 cup serving: 242 calories; 14gm protein; 30gm carbohydrate; 15gm dietary fiber; 4gm fat; .5gr saturated fat; 0mg cholesterol; 179mg sodium