



Deborah Madison's Peas with Baked Ricotta and Bread Crumbs

READY IN



75 min.

SERVINGS



2

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons breadcrumbs fresh
- ☐ 4 teaspoons butter
- ☐ 1 lemon zest grated
- ☐ 2 servings parmesan chunk for grating
- ☐ 1 cup peas
- ☐ 1.5 teaspoons sage minced
- ☐ 2 servings salt and pepper freshly ground
- ☐ 0.3 cup shallots diced finely

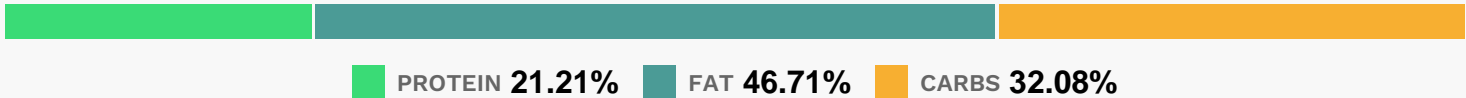
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Heat the oven to 375°F. Lightly oil a small baking dish; a round Spanish earthenware dish about 6 inches across is perfect for this amount.
- ☐ If your ricotta is wet and milky, drain it first by putting it in a colander and pressing out the excess liquid. Pack the ricotta into the dish, drizzle a little olive oil over the surface, and bake 20 minutes or until the cheese has begun to set and brown on top. Cover the surface with the bread crumbs and continue to bake until the bread crumbs are browned and crisp, another 10 minutes. (The amount of time it takes for ricotta cheese to bake until set can vary tremendously, so it may well take longer than the times given here, especially if it wasn't drained.)
- ☐ When the cheese is finished baking, heat the butter in a small skillet over medium heat. When the butter foams, add the shallots and sage and cook until softened, about 3 minutes.
- ☐ Add the peas, 1/2 cup water, and the lemon zest. Simmer until the peas are bright green and tender; the time will vary, but it should be 3 to 5 minutes. Whatever you do, don't let them turn gray. Season with salt and a little freshly ground pepper, not too much.
- ☐ Divide the ricotta between 2 plates. Spoon the peas over the cheese. Grate some Parmesan over all and enjoy while warm.
- ☐ Variation with pasta: Cook 1 cup or so pasta shells in boiling, salted water.
- ☐ Drain and toss them with the peas, cooked as above, and then with the ricotta. The peas nestle in the pasta, like little green pearls.

Nutrition Facts



Properties

Glycemic Index:75.67, Glycemic Load:4.67, Inflammation Score:-8, Nutrition Score:20.92826073066%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 319.51kcal (15.98%), Fat: 16.8g (25.85%), Saturated Fat: 10.28g (64.28%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 19.7g (7.16%), Sugar: 8.21g (9.12%), Cholesterol: 41.9mg (13.97%), Sodium: 820.5mg (35.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Copper: 4.75mg (237.36%), Vitamin C: 36.02mg (43.67%), Calcium: 422.59mg (42.26%), Phosphorus: 329.97mg (33%), Manganese: 0.66mg (33%), Fiber: 6.27g (25.08%), Vitamin B1: 0.33mg (22.11%), Vitamin A: 1041.9IU (20.84%), Vitamin K: 20.17µg (19.21%), Folate: 74.02µg (18.51%), Selenium: 11.17µg (15.96%), Vitamin B6: 0.3mg (15.17%), Vitamin B2: 0.25mg (14.77%), Zinc: 2.07mg (13.81%), Iron: 2.46mg (13.69%), Magnesium: 52.91mg (13.23%), Vitamin B3: 2.36mg (11.78%), Potassium: 369.44mg (10.56%), Vitamin B12: 0.41µg (6.87%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.42mg (2.82%)