



Peas with Baked Ricotta and Bread Crumbs

READY IN



45 min.

SERVINGS



2

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bread crumbs fresh
- ☐ 4 teaspoons butter
- ☐ 1 lemon zest grated
- ☐ 2 servings olive oil
- ☐ 2 servings parmesan cheese chunk for grating
- ☐ 1 cup pod peas
- ☐ 1 cup ricotta cheese such as hand-dipped full-fat ricotta
- ☐ 1.5 teaspoons sage leaves minced
- ☐ 2 servings sea salt and pepper freshly ground

- ☐ 0.3 cup shallots or diced finely

Equipment

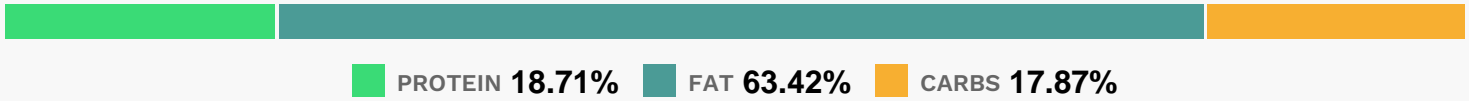
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

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.
- ☐ 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.
- ☐ Reprinted with permission from Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom, with over 300 Deliciously Simple Recipes by Deborah Madison. Copyright © 2013 by Deborah Madison; photographs copyright © 2013 by Christopher Hirsheimer and Melissa Hamilton. Published by Ten Speed Press, a division of Random House, Inc. Deborah Madison is the author of eleven cookbooks and is well known for

her simple, seasonal, vegetable-based cooking. She got her start in the San Francisco Bay Area at Chez Panisse before opening Greens, and has lived in New Mexico for the last twenty years. In addition to writing and teaching, she has served on the boards of Slow Food International Biodiversity Committee, the Seed Savers Exchange, and the Southwest Grassfed Livestock Alliance, among others. She is actively involved in the issues of biodiversity, gardening, and sustainable agriculture.

Nutrition Facts



Properties

Glycemic Index:89.17, Glycemic Load:5.69, Inflammation Score:-8, Nutrition Score:27.860869635706%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 659.03kcal (32.95%), Fat: 46.9g (72.15%), Saturated Fat: 22.5g (140.64%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 23.47g (8.53%), Sugar: 8.54g (9.49%), Cholesterol: 105.14mg (35.05%), Sodium: 924.94mg (40.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.13g (62.26%), Copper: 4.77mg (238.66%), Calcium: 679.41mg (67.94%), Phosphorus: 525.89mg (52.59%), Vitamin C: 36.02mg (43.67%), Selenium: 29.15µg (41.64%), Manganese: 0.67mg (33.38%), Vitamin A: 1593.7IU (31.87%), Vitamin B2: 0.49mg (29%), Vitamin K: 29.96µg (28.53%), Fiber: 6.27g (25.08%), Zinc: 3.51mg (23.4%), Vitamin B1: 0.35mg (23.18%), Folate: 88.9µg (22.23%), Vitamin B6: 0.36mg (17.84%), Vitamin E: 2.58mg (17.17%), Iron: 3.01mg (16.74%), Magnesium: 66.55mg (16.64%), Potassium: 499.78mg (14.28%), Vitamin B12: 0.83µg (13.89%), Vitamin B3: 2.48mg (12.42%), Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.4µg (2.65%)