

Snap pea minestrone with poached eggs

SERVES 4 | 30 MINUTES

1/2 cup diced ham
1 carrot, peeled and cut into small dice
1 leek, white and light green parts only, thinly sliced into half-moons and rinsed well
1/3 cup sliced green onions
1 tbsp. butter
1 tsp. distilled white vinegar
4 large eggs
5 cups reduced-sodium chicken broth
About 1/4 tsp. pepper
1/2 cup tiny pasta, such as farfalline or orzo
2 1/2 cups diagonally sliced sugar snap peas
About 1/2 cup grated parmesan cheese
About 2 tsp. chopped fresh tarragon leaves

ID'ING

These juicy, extra-crunchy peas are rounded; snow peas—the other variety of edible-pod pea—are flat, and the peas inside tend to be smaller.

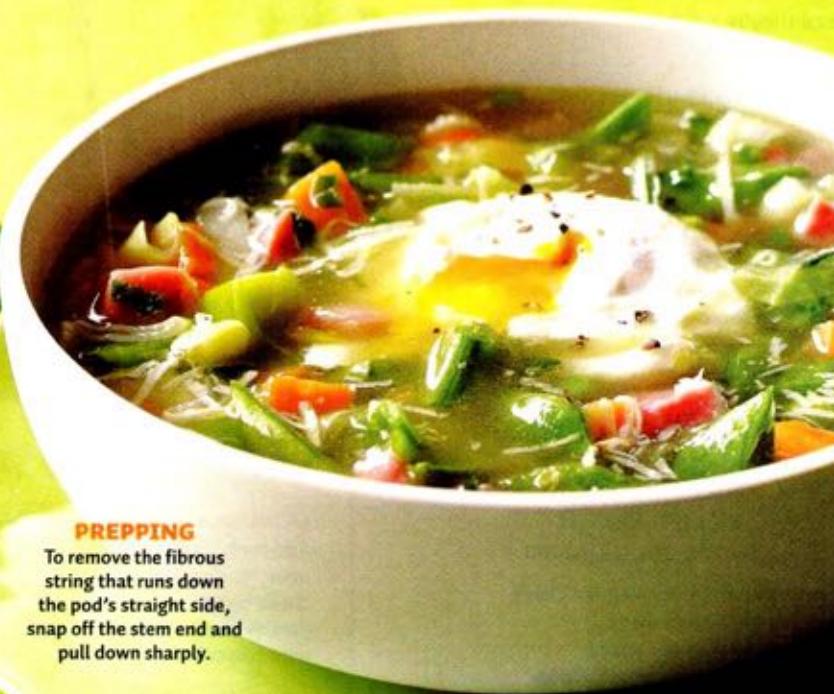
CHOOSING

Look for taut, shiny pods with no withering at the tips.



- Cook** ham, carrot, leek, and green onions with butter in a large pot over medium heat until vegetables soften, about 5 minutes.
- Meanwhile**, in a large saucepan, warm vinegar and 1 1/2 in. water over high heat until bubbles form on pan bottom, then reduce heat to medium-low. Break eggs into water, keeping them slightly apart. Cook until whites are firm but yolks are still soft, 3 to 4 minutes. Transfer eggs with a slotted spoon to a plate.
- Add** broth and 1/4 tsp. pepper to vegetables. Cover and bring to a boil over high heat. Add pasta and boil gently, uncovered and stirring occasionally, until tender, 7 to 8 minutes. Stir in snap peas and return to a boil, then stir in 1/2 cup parmesan, 2 tsp. tarragon, and more pepper to taste.
- Ladle** into bowls and top each with a poached egg. Serve with more cheese, tarragon, and pepper if you like.

PER SERVING 337 CAL., 39% (130 CAL.) FROM FAT; 25 G PROTEIN; 14 G FAT (6.2 G SAT.); 27 G CARBO (3.3 G FIBER); 630 MG SODIUM; 272 MG CHOL.



PREPPING

To remove the fibrous string that runs down the pod's straight side, snap off the stem end and pull down sharply.

3 more ways

SEASON goat cheese with mint and chives, spoon into split snap pea halves, and wrap with thin strips of serrano ham.

BLANCH sliced snap peas and toss with shredded carrots, green onions, and

a cider vinegar-mayo dressing.

STIR-FRY ground turkey with ginger, pea shoots, and Thai basil, then add cooked bean thread noodles, blanched snap peas, and Sriracha chili sauce.

BY KATE WASHINGTON | PHOTOGRAPH BY THOMAS J. STORY