

# 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.

## + 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.

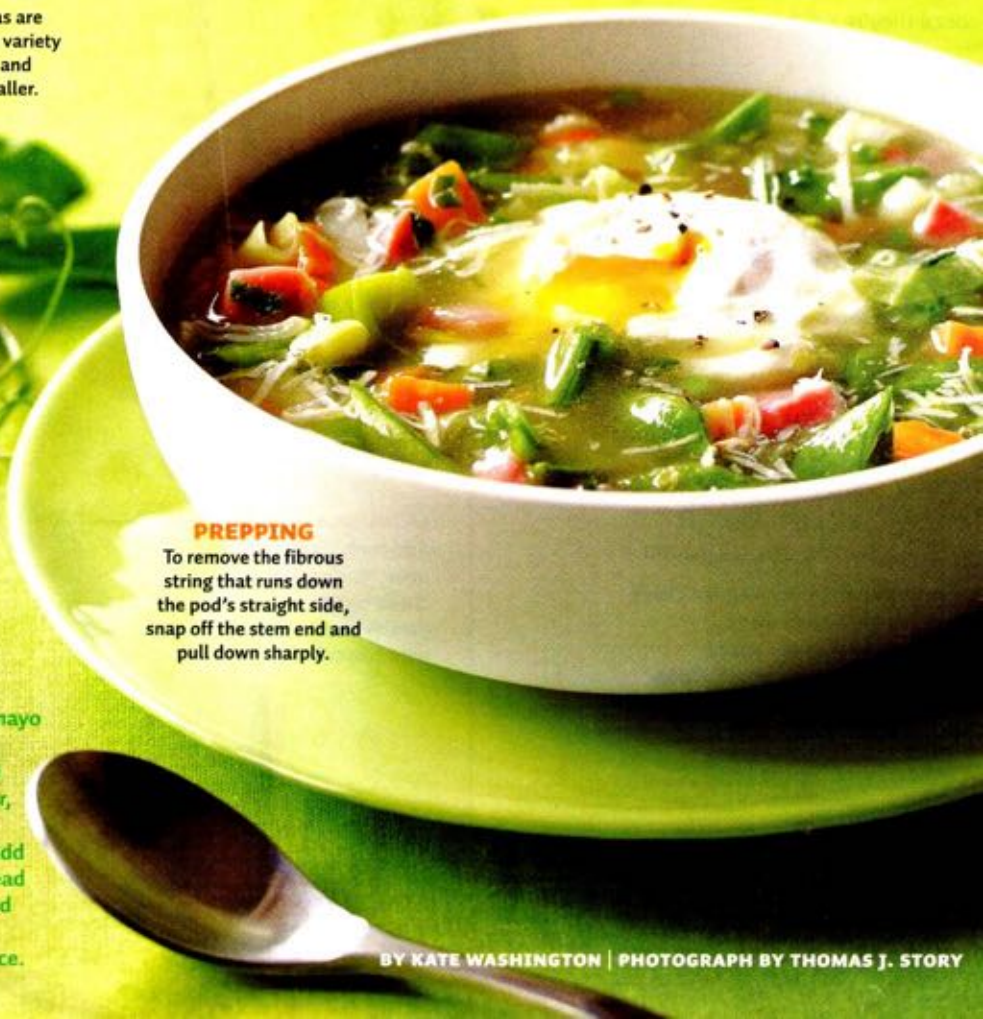
**STIR-FRY** ground turkey with ginger, pea shoots, and Thai basil, then add cooked bean thread noodles, blanched snap peas, and Sriracha chili sauce.

- 1. Cook** ham, carrot, leek, and green onions with butter in a large pot over medium heat until vegetables soften, about 5 minutes.
- 2. 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.
- 3. 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.
- 4. 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.



BY KATE WASHINGTON | PHOTOGRAPH BY THOMAS J. STORY