

Peas Cooked in Tomato & Herbs with Eggs

Sprinkling the oregano over the peas and tomatoes at the last moment keeps the herb's woodsy fragrance fresh and strong. This makes a delicious lunch or supper dish; I'd even eat it for breakfast. If you like an egg first course, in the French manner, serve this. And if you don't feel like eating eggs at all, eat the luscious sauce over macaroni, or omit the eggs and serve as a separate vegetable course, though it would be delicious added to a simple lamb, beef or veal stew at the end for the juices to mingle together.

INGREDIENTS:

- ☐ 1 pound green peas, shelled
- ☐ 2 or 3 green onions, thinly sliced
- ☐ 6 garlic cloves, coarsely chopped
- ☐ 4 tablespoons extra virgin olive oil
- ☐ 5 or so ripe flavorful tomatoes, chopped; or 6 canned tomatoes, plus their juices
- ☐ 1 tablespoon tomato paste
- ☐ ¼ to ½ cup hot water, or as needed
- ☐ Salt and pepper to taste
- ☐ Tiny pinch of sugar, if needed to balance the tomatoes' acidity
- ☐ 4 fresh organic eggs
- ☐ ½ teaspoon dried whole-leaf Greek oregano, crushed between your fingers

INSTRUCTIONS:

Using a shallow pan, lightly saute the peas, onions and garlic in olive oil until translucent. Add the tomatoes and tomato paste and water. Season with salt and pepper; add sugar if needed. Simmer until the sauce has thickened and is no longer watery, about 10 minutes — longer for fresh tomatoes, less for canned.

Make 4 indentations in the hot sauce, and into each drop an egg. Cover and simmer for about 3 minutes, or until the whites are set, as firm or soft as you like. Sprinkle with oregano and serve.

Serves 4

PER SERVING: 280 calories, 11 g protein, 17 g carbohydrate, 20 g fat (4 g saturated), 213 mg cholesterol, 83 mg sodium, 4 g fiber.