

PARTY ON WITH GREENPEA GAZPACHO...HERE ARE THE REASONS

I do not know if it happens to you, but it does to me: family meeting, parties with friends, "I bring" feasts (parties in which each assistant brings some food to share and everyone eats of all). ..those are situations where there is overloading of fried, processed and other various not so healthy things. Okay, we all agree that special occasions happen and in those cases what counts is the company, but my great surprise in this last years has been that people do appreciate a healthier touch. I love cooking real food, I have become addicted to bring gazpachos to the parties, and it is a success!

In this case and because we are in season I present the green peas gazpacho festive version: put some shots of gazpacho nicely presented and you will see how in little time there is nothing left. It's top for spring, when warm and sunny days start, the barbecue season is on and put some fiber, minerals and vitamins to these situations will feel great to everyone.

If you have a vegetable garden and you will have an overdose of green peas, freeze them and throughout the summer you can enjoy this great delicacy.

Ready?...here is the recipe

INGREDIENTS:

400 g green peas (best fresh but can be frozen)

400 gr of mineral water

1/2 onion or spring onion

1/2 apple

2 tablespoons unpasteurized apple cider vinegar (or whatever you have but not Modena since it will change the color of the gazpacho from green to brownish)

4 tablespoons or a good jet of extra virgin olive oil

Unrefined sea salt

5 mint leaves (optional)

Boil the peas: put water to hit with a handful of salt, when it starts to boil pour the green peas inside and let them cook for about 10-15 minutes, until they are tender.

Cocina tu vida

Ruth Meyer

www.cocinatuvida.com

Once cooked, drain, you do not have to save the cooking water. Cool them quickly under cold running tap water.

Put in a mixer all the ingredients, it is not necessary to peel the apple if it is organic. Shake until the mixture is totally soft.

You can let it cool in the fridge or eat right away. If you want it very cool you can use very cold mineral water or some ice cubes instead of water.

Do you want more?

5 Reasons to Eat Peas:

1. Green peas contain lots of insoluble fiber that is expelled by the feces and facilitates the intestinal transit, that is to say, to go to the bathroom
- 2 contain lots of soluble fiber, which combines with fats and helps us not absorbing them and be expelled
3. are very rich in B group vitamins, ideal and necessary for the proper functioning of the nervous system. Helps us stay more focused and positive.
4. they give us calcium and phosphorus, important for the good health of bones
5. give us iron for the prevention of anemia

Enjoy spring with this wonderful spring food.