

THREE PEA AND TURKEY BACON SAUTÉ

SERVES 6

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2 Tablespoons unrefined, cold pressed, extra virgin olive oil

½ onion finely chopped OR 1 leek, white and light green parts only, cleaned very well and thinly sliced

1 garlic clove, minced

3 slices nitrate-free turkey bacon, diced*

1 pound frozen peas, thawed OR 1 cup thawed peas + 1 ½ cups snow peas (about 4 ounces) + 1 ½ cups sugar snap peas (about 4 ounces), trimmed

½ cup chicken or vegetable stock, preferably homemade

½ teaspoon sea salt, plus more to taste

Freshly ground black pepper to taste

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1. Heat the oil in a large skillet over medium heat. Add the onion/leek and garlic and sauté for 3 minutes or until translucent.
2. Stir in the turkey bacon and sauté for an additional 3 minutes, or until some of the edges of the bacon become a little golden.
3. Add the peas, stock and salt and pepper and cook for about 3 minutes or until the peas are crisp tender and most of the stock is evaporated.

*You can also use ½ cup of diced pancetta or a high quality pork bacon if you prefer.