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Recipes

For Doctors Only

doctor kostadars's peas, asparagus and white onion vegetable plate

serves 4

ingredients:

1 finely chopped small white onion
4 tablespoons olive oil
12 stalks of asparagus
1 cup of fresh shelled green peas
2 tablespoons of fresh oregano leaves
salt and pepper

heat up olive oil in 12 inch pan, add onions and cook for 4 minutes
on medium heat. cut asparagus into 1 inch pieces then stir into pan.
after a minute or 2 add peas and cook 8 to 12 more minutes.
finally stir in oregano leaves. add salt and pepper to taste

