

Arakas Latheros (Greek Peas with Tomato and Dill)



Peas are normally considered a side dish, but in Greece it is common to eat a plate full of vegetables as a main course. This traditional way of cooking peas is so satisfying and healthy, it will most certainly become a favorite. Serve with crusty bread and feta for the ultimate meal!

By Diana Moutsopoulos

Prep: 10 mins

Cook: 40 mins

Total: 50 mins

Servings: 4

Yield: 4 servings



Ingredients

3 tablespoons olive oil

6 green onions, chopped

1 (16 ounce) package frozen peas

1 cup crushed tomatoes

1 potato, peeled and cut into wedges

½ cup chopped fresh dill

½ cup water (Optional)

salt and ground black pepper to taste

Directions

Heat olive oil in a saucepan over medium heat and cook onions until soft but not browned, about 5 minutes. Add peas, tomatoes, potato, dill, salt, and pepper. Add water if there is not enough liquid from the tomatoes.

Stir thoroughly and bring to a boil. Lower heat and cook, partially covered, until peas and potato are soft, about 30 minutes. Ensure that any remaining water from the tomatoes has evaporated before serving.

Cook's Note:

In Greece, this is a classic dish known as Arakas Latheros, which literally translates to "oiled peas". One of the lathera dishes, these "oil foods" feature olive oil as the main source of fat. However, I've made this dish much lighter than the traditional version by using far less olive oil and more tomato to compensate.

Nutrition Facts

Per Serving: 245 calories; protein 8.5g; carbohydrates 31g; fat 10.8g; sodium 254.9mg.