

Don Saverio Valerio



PROJECT

A HEALTHY DINNER



Students and teachers V A-B-C



Pizza with cicerchie purée

Ingredients:

Pepper, Zucchini, Onion, Aubergine, Oil, Cicerchie cream, Breadcrumbs, Tomatoes



Cicerchie cream

- ◆ Soak the grass peas in plenty of cold water for 10 -12 hours,
- ◆ Then pour the cicerchie into a large pot and add a double volume of water.
- ◆ Bring to the heat and simmer over medium heat until cooked through
- ◆ Once the cicerchie are cooked add salt and blend everything with an immersion blender.

RECIPE:

- ◆ Cut the vegetables into strip
- ◆ spread the cream on the pizza base
- ◆ Put the vegetables on the cream
- ◆ Add, oil, salt and breadcrumbs
- ◆ Bake it.



Is it an healthy food?

Of course, it contains many nutrients such as carbohydrates, proteins, vitamins and is rich in fiber and water.

