### Don Saverio Valerio





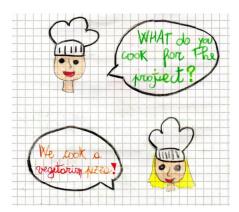




Students and teachers V A-B-C

## PROJECT

# A HEALTHY DINNER





## Pizza with cicerchie purèe

### Ingredients:

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



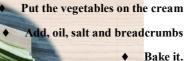
#### Cicerchie cream

- 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



Is it an healthy food?

Of course, it contains many nutrients such as carbohydrates,

proteins, vitamins and is rich in fiber and water.



