

A Frugal Side Dish Recipe for the Holidays



I wanted to share a simple, easy, inexpensive side dish recipe with you just before the holidays. I'm always disappointed how little vegetables end up on the table this time of year. We give all the glory to the main dish, but what about the humble vegetables? I think they're a particularly important part of a holiday feast. They're tasty, filling, and provide plenty of vitamins and nutrients. Packing your table and plate with lots of veg is also the perfect way to avoid a food coma. It's not just about being healthy, though. Vegetable side dishes are easy to make and don't usually cost that much. Having trouble sourcing produce that isn't pricey? Choose frozen or canned vegetables over fresh. Better yet, plan in advance and have frozen garden vegetables on hand in the freezer. You can delight your guests with fresh tasting produce grown right in

your yard!

Peas are an easy vegetable to freeze, they go well with nearly any main protein (or a tofu loaf or nut roast if you're vegetarian or vegan), and they're relatively inexpensive and super easy to find in the grocery store frozen section should you not have any garden peas on hand. We used to eat canned peas often around the holidays, but now I always cook this dish. It's extremely simple but feels fancier than plain peas from a can.

Braised Peas

Serves 4

Ingredients

- Broth (chicken or vegetable) – enough to cover the peas
- 2 cups of peas (frozen)
- Half an onion (diced)
- 1 tbsp Butter or olive oil
- Salt and pepper to taste

Directions

- Saute onions until translucent in a saucepan with butter or olive oil
- Add peas and broth to saucepan
- Simmer until peas are cooked through
- Add s&p to taste
- Use a slotted spoon to serve peas

Do you have any favorite vegetable side dishes that you serve when you're entertaining? I'm also fond of a good salad with a hearty meal and root vegetable mash.

Wishing you a happy holiday season!

Please let me know if there are any burning garden questions

you'd like answered in the New Year. I'm so excited to start planning out the new gardening season, and I hope you are, too!