

Green Pea Hummus

This recipe makes use of fresh or frozen green peas to make a healthy dip full of zingy flavor, fiber, and plant-based protein.

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

2 cups	Green Peas, fresh or frozen (12 oz bag)
½ cup	Water
½ each	Lemon, juiced
1 Tbsp	Olive Oil
½ tsp	Kosher Salt
2 Tbsp	Tahini
1 clove	Garlic, minced
1 Tbsp	Mint, fresh, finely chopped



CHEF'S NOTES

Turn this dip into a complete meal by using it as a sauce for pasta. Thin it out using ½ cup of low sodium vegetable stock or water and the juice of ½ a lemon. Top with shaved fresh parmesan and/or toasted walnuts for added texture and flavor.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Add the peas and water to a medium saucepan and bring to a simmer over medium heat. Cover and simmer for 6-8 minutes, or until peas are tender. Strain peas and allow to cool completely.
3. Add all ingredients to a food processor or blender and process until smooth, scraping down sides as needed.
4. Serve with fresh veggies like carrots or cucumber or baked pita chips for dipping.

Nutrition Facts

6 servings per container

Serving Size 1/4 cup (61 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 5g 7%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 8%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.74mg 4%

Potassium 100mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

