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.

<table>
<thead>
<tr>
<th>YIELD</th>
<th>6 SERVINGS</th>
<th>PREP TIME</th>
<th>15 MIN</th>
<th>TOTAL TIME</th>
<th>20 MIN</th>
</tr>
</thead>
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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

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/4 cup (61 g)</th>
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### Amount per serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>90</th>
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<table>
<thead>
<tr>
<th>% Daily Value *</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 5g</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 170mg</td>
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<tr>
<td>Total Carbohydrate 8g</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
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<tr>
<td>Total Sugars 3g</td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
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<tr>
<td>Protein 4g</td>
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<tr>
<td>Vitamin D 0mcg</td>
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<tr>
<td>Calcium 10mg</td>
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<tr>
<td>Iron 0.74mg</td>
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<tr>
<td>Potassium 100mg</td>
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*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.