Recipe of the Week

Green Pea Hummus Dip

Ingredients:
• 1 pound fresh or frozen peas
• 3 cloves garlic, crushed
• 3 tbsp tahini
• Juice of 1 large lemon
• 1 tsp ground cumin
• 1 tbsp olive oil
• Sea salt and black pepper

Directions:
1. Add the peas to a pan of boiling water and simmer for 2-3 minutes.
2. Drain the peas and put in a food processor along with all the other ingredients; mix well until a paste is formed.
3. Season with sea salt and black pepper according to taste.

Serves 6
135 calories, 9 g fat, 1 g saturated fat, 8 g carbohydrate, 5 g fiber, 6 g protein, 100 mg sodium
Source: Yes Peas