



*Simple,  
Seasonal,  
Sustainable*

## 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

[healthy.iu.edu](http://healthy.iu.edu)  
[healthyu@indiana.edu](mailto:healthyu@indiana.edu)

