



# Fresh Pea Hummus

(ADAPTED FROM MARCY GASTON, FOOD AND NUTRITION MAGAZINE)

**Yield:** Makes 13 servings

## Ingredients

- 2 ¼ cups fresh shelled peas
- 2 tsp salt, divided
- 1 ½ tsp garlic, chopped (~2 cloves)
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil, divided
- 3 tbsp tahini
- ¼ tsp black pepper

## Optional

- ¼ cup fresh jalapeño, seeded and chopped
- ¼ tsp ground cayenne

## Instructions

Bring 6 cups of water to a boil in a 2-quart saucepan.

Add 2-3 cups of ice water to a medium-sized bowl and place near the stove.

Add the fresh peas and 1 tsp salt to boiling water. Boil for 3 minutes.

Drain peas from boiling water and immediately place in the ice water. Allow the peas to sit in ice water for 30-45 seconds, then drain, removing as much excess water as possible.

Place peas in the bowl of a food processor and add remaining salt, garlic, lemon juice, 1 tablespoon olive oil, tahini, black pepper and jalapeño/cayenne pepper (if desired).

Pulse for 5 seconds and scrape down the sides of bowl. Add the remaining 1 tablespoon of olive oil and pulse until mixture is pureed. Adjust seasonings to taste.

Transfer mixture into a container, cover and refrigerate for at least 1 hour before serving.

# Fresh Pea Hummus

## Description

Using fresh peas as a base for hummus creates a slightly sweeter and vibrant green twist on traditional hummus. One of the great aspects of any hummus recipe is that it is customizable to your own flavor preferences! Experiment around with new herbs, spices and seasonings to create your own twist.



## Farmers Market Finds

- Peas
- Garlic
- Jalapeño Pepper (optional)



## Grocery Store Grabs

- Olive Oil
- Lemon/Lemon Juice
- Tahini
- Salt & Pepper
- Cayenne (optional)

## Substitutes

Could use lime in place of lemon.

Could use sunflower seed butter (often called “sun butter”) in place of tahini.

Could use frozen peas (thawed and drained) in place of fresh.

## Pairs with

Hummus is typically used as a dip with fresh pita or other fresh veggies. It would work well with whatever seasonal veggies are available and enjoyed. You could also create a large spread with fresh fruit, cheese (or a vegan alternative) crackers, and hummus with veggies for a plant-based feast!