



# Split Pea Hummus

Serve as a dip and garnish with cucumbers, carrots, red bell peppers, cauliflower, and toasted pita chips!

## Split Pea Hummus

Makes a great mayonnaise replacement as a spread on sandwiches! Also can be used as a base for a lettuce wrap with avocado, fresh scallion, crushed peanuts, sprig of cilantro and squeeze of fresh lime.



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# Split Pea Hummus

*Yield: 2 cups*

*Prep time: 5 mins*

*Ready: 30 mins*

## INGREDIENTS

Split peas	1 cup
Garlic, minced	
Olive oil	¼ cup
Lemon juice	1 tbls
Lemon zest	1 tsp
Toasted cumin	1 tsp
Pinch cayenne	

## DIRECTIONS

1. Sort and wash peas (green or yellow).
2. Bring garlic, 3 cups water and ½ tsp salt to a boil in medium saucepan. Add peas; return to a boil. Cover, reduce heat, and simmer 30 minutes.
3. In a food processor, add cooked peas, oil, fresh minced garlic, lemon zest, lemon juice, cayenne and toasted cumin.
4. Pulse until smooth, stopping to scrape down sides with a spoon as needed.
5. Serve immediately at room temperature or chill for later use.

**SERVING TIP:** Serve as a dip and garnish with cucumbers, carrots, red bell peppers, cauliflower, and toasted pita chips!

**Nutrition Facts:** Calories 145 | Total Fat 7 g | Saturated Fat 1 g | Cholesterol 0 mg | Sodium 4 mg | Carbohydrates 15 g | Dietary Fiber 6 g | Protein 6 g

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