

Green Pea Hummus

yield: 2 cups

Ingredients:

2 cloves garlic, peeled
2 cups green peas
½ cup cilantro (or mint)
1 Tbsp chopped parsley
¼ cup tahini
Juice of ½ lemon (about ¾ Tbsp)
1 tsp salt
¼ teaspoon ground black pepper
2 Tbsp olive oil, plus more for garnish
1 can chickpeas

Optional:

¼ tsp ground cayenne pepper
1 tsp ground cumin
¼ tsp ground coriander
2 Tbsp toasted sesame seeds for garnish



Directions:

- Bring a medium pot of water to a boil.
- Add peas and cook for 3 to 5 minutes, until peas are hot.
- Take peas out of the pot and put into a medium bowl of ice-cold water for about 3 minutes.
- Drain.
- In a food processor, combine all the ingredients except the olive oil. (Add optional spices if desired.)
- Puree until smooth.
- Slowly add the olive oil and process until combined.
- Scoop hummus into a serving bowl and garnish with olive oil and sesame seeds.
- Serve with pita chips and raw vegetables (e.g. radishes, carrot sticks, snow peas, pepper slices)

Tips:

Warm the tahini in a small saucepan over low heat before adding it to the blender if you want extra creamy hummus

Roast garlic for 15 minutes in the oven prior to adding it if you would like a milder garlic flavour

Feel free to use fresh or frozen peas in this recipe. If you are using frozen peas, defrost them overnight in your refrigerator



Adapted from Oprah's chef Raymond Weber's recipe