

SPICY GREEN PEA HUMMUS

This spicy hummus is a delicious variation on a classic dip or spread.

 15 minutes

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 12 portions

INGREDIENTS

- 2.25 cups of peas, green, frozen, unprepared [302 g]
- 2 cloves of garlic, raw [6 g]
- 2 units of peppers, jalapeno, raw [28 g]
- 2 tbsps of lemon juice from concentrate, canned or bottled [30 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 3 tbsps of seeds, sesame butter, tahini, type of kernels unspecified [45 g]
- 1/2 tsp of salt, table [3 g]

COOKING METHOD

- ¹⁰ In a food processor, combine tahini, lemon juice, olive oil, and garlic. Pulse for 10-15 seconds until the mixture is well blended and smooth. Use a rubber spatula to scrape down the sides of the bowl. Add the peas, jalapeno, and salt. Puree 1-2 minutes or until smooth. Adjust seasonings as desired. Transfer to a container, cover, and refrigerate for at least 1 hour before serving. Serve with whole grain crackers, fresh vegetables, or use as a sandwich spread.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [37 g]	% DRI
ENERGY	172 kcal	63 kcal	3 %
FAT	12 g	4 g	7 %
FATTY ACIDS, TOTAL SATURATED	2 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	344 mg	126 mg	5 %
CARBOHYDRATE	13 g	5 g	2 %
SUGARS	4 g	1 g	—
FIBER	4 g	1 g	6 %
PROTEIN	6 g	2 g	—