

Field Pea Hummus



Ingredients:

2 cups cooked Nash's field peas
1 Tbsp minced roasted garlic
1 lemon and zest
2 Tbsp Tahini paste
1/2 tsp. Kosher or sea salt
1/4 cup olive oil or olive oil blend

Directions:

Combine all ingredients in a food processor and blend until smooth. Consistency may be altered by adding more olive oil, if desired.

Yield: 2 cups (8, 1/4 cup servings)

120 g kcal | 9 g Tot Fat | 1 g Sat Fat | 6 g Monounsaturated Fat |
151 mg Sodium | 8 g Carb | 3 g Protein | 3 g Fiber