Split Pea Hummus

Serves: 4
Prep: 5 minutes | Cook: 40 minutes

INGREDIENTS
• 1 cup dried split peas
• 1 garlic clove, minced*
• 1/4 cup olive oil
• 1/2 teaspoon salt, divided
• 1 tablespoon lemon juice
• 1/4 teaspoon ground cumin
• 3 cups water

DIRECTIONS
1. Add garlic and water to a medium saucepan. Bring to a boil.
2. Add peas and return to a boil. Cover, reduce heat and simmer for 25 minutes.
3. Stir in 1/4 teaspoon salt and cook another 15 minutes, or until peas are tender. Drain.
4. Add olive oil, salt, lemon juice and cumin to a food processor or blender. Blend until smooth, scraping down sides as needed. If you don't have a blender, mash the mixture until smooth using a fork.
5. Serve at room temperature with vegetables or crackers.

*Substitutions

Nutrition Information
Serving Size: 1/2 of a cup
Calories 276
Total fat 13.2 g
Saturated Fat 2 g
Cholesterol 0 mg
Sodium 90 mg
Carbohydrates 29.7 g
Fiber 12.6 g
Sugars 4 g
Protein 12 g

Recipe source: Myrecipes

Split Pea Hummus

Serves: 4
Prep: 5 minutes | Cook: 40 minutes

INGREDIENTS
• 1 cup dried split peas
• 1 garlic clove, minced*
• 1/4 cup olive oil
• 1/2 teaspoon salt, divided
• 1 tablespoon lemon juice
• 1/4 teaspoon ground cumin
• 3 cups water

DIRECTIONS
1. Add garlic and water to a medium saucepan. Bring to a boil.
2. Add peas and return to a boil. Cover, reduce heat and simmer for 25 minutes.
3. Stir in 1/4 teaspoon salt and cook another 15 minutes, or until peas are tender. Drain.
4. Add olive oil, salt, lemon juice and cumin to a food processor or blender. Blend until smooth, scraping down sides as needed. If you don't have a blender, mash the mixture until smooth using a fork.
5. Serve at room temperature with vegetables or crackers.

*Substitutions

Nutrition Information
Serving Size: 1/2 of a cup
Calories 276
Total fat 13.2 g
Saturated Fat 2 g
Cholesterol 0 mg
Sodium 90 mg
Carbohydrates 29.7 g
Fiber 12.6 g
Sugars 4 g
Protein 12 g

Recipe source: Myrecipes

*Substitutions

1 clove garlic → 1/2 tsp. garlic powder