

# Split Pea Hummus



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**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

1 clove garlic → 1/2 tsp. garlic powder

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

Recipe source: Myrecipes