Serve as a dip and garnish with cucumbers, carrots, red bell peppers, cauliflower, and toasted pita chips!

Split Pea Hummus
Makes a great mayonnaise replacement as a spread on sandwiches! Also can be used as a base for a lettuce wrap with avocado, fresh scallion, crushed peanuts, sprig of cilantro and squeeze of fresh lime.

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Split Pea Hummus

Yield: 2 cups  Prep time: 5 mins  Ready: 30 mins

INGREDIENTS

- Split peas 1 cup
- Garlic, minced
- Olive oil ¼ cup
- Lemon juice 1 tbls
- Lemon zest 1 tsp
- Toasted cumin 1 tsp
- Pinch cayenne

DIRECTIONS

1. Sort and wash peas (green or yellow).
2. Bring garlic, 3 cups water and ½ tsp salt to a boil in medium saucepan. Add peas; return to a boil. Cover, reduce heat, and simmer 30 minutes.
3. In a food processor, add cooked peas, oil, fresh minced garlic, lemon zest, lemon juice, cayenne and toasted cumin.
4. Pulse until smooth, stopping to scrape down sides with a spoon as needed.
5. Serve immediately at room temperature or chill for later use.

SERVING TIP: Serve as a dip and garnish with cucumbers, carrots, red bell peppers, cauliflower, and toasted pita chips!

Nutrition Facts: Calories 145 | Total Fat 7 g | Saturated Fat 1 g | Cholesterol 0 mg | Sodium 4 mg | Carbohydrates 15 g | Dietary Fiber 6 g | Protein 6 g

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