

GREEN PEA AND GARBANZO BEAN DIP

A delicious twist on hummus and a great way to use up frozen peas.

Makes about 1 1/2 cups

Ingredients:

2 cups green peas (frozen is fine)
1 cup low sodium canned garbanzo beans, drained
1/4 cup chopped fresh basil
1/4 cup chopped green onions
2 cloves garlic, minced
3 tablespoons lemon juice
3 tablespoons olive oil
1 tablespoon red wine vinegar
1/4 teaspoon salt

Instructions:

1. Put all ingredients in a food processor or blender and blend until smooth.
2. Taste and add more lemon juice, oil or other seasonings, as needed.
3. Serve at room temperature or let it chill in the refrigerator for a little bit.*
4. Serve it with cut-up vegetables, pita chips or bread. It's also great as a sandwich spread.

*This dip is best served the day it's made.

Nutrition Facts

Serving Size: 0.1 x full recipe

Amount Per Serving		% Daily Value*
Calories	102	5%
Total Fat	6 g	9%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	-	0%
Sodium	161 mg	7%
Total Carbohydrate	10 g	3%
Dietary Fiber	3 g	12%
Sugars	3 g	
Protein	3 g	7%
Vitamin A	15% • Vitamin C	13%
Calcium	2% • Iron	5%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

[Full Info at cronometer.com](https://www.cronometer.com)

