

Split Pea Hummus

Recipe from The Kitchen



Ingredients

- 1 cup dried Green Split Peas
- 1 Garlic Clove
- 1/2 tsp salt, divided
- 1/4 cup Olive Oil
- 1 tsp Lemon Juice

Directions

- 1. Sort and wash peas.
- 2. Bring garlic and 3 cups water to a boil in a medium saucepan. Add peas. Return to a boil.

1/4 tsp Cumin

Yield: 8

Serving Size: 2 tbsp.

3 cups water

- 3. Cover, reduce heat, and simmer for 25 minutes.
- 4. Stir in 1/4 tsp. of salt. Cook 15 minutes or until tender.
- 5. Drain. Combine peas and all other ingredients into a food processor or blender. Pulse 5-7 times or until smooth, stopping to scrap down the sides as needed.
- 6. Serve at room temperature. Refrigerate leftovers.

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Directions

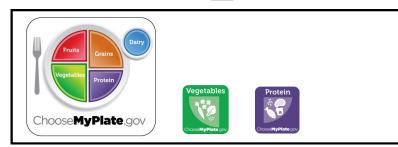
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Fast Facts



Featured Food Groups



Cooking Tips 🔤

- Soak Chickpeas in water overnight.
- Overcook Chickpeas. Mushy beans make a creamier hummus.
- Add baking soda to the overnight soak of Chickpeas to help tenderize them.

Nutrition F	
8 servings per container	acts
Serving size	2 tbsp
Amount Per Serving Calories	90
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 6.9mg	0%
Iron 0.4mg	2%
Potassium 90.6mg	2%
*The % Daily Value (DV) tells you how muc serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	

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	Fast Facts	
Featured Food Groups		Nutrition 8 servings per contain Serving size
Pruits Dairy Vegetables Protein	Protein	Amount Per Serving Calories
Choose MyPlate.gov	CTODE MyPlate gov	Total Fat 7g Saturated Fat 0.9g <i>Trans</i> Fat 0g Cholesterol 0mg
Cooking Tips 📚 🚘		Sodium 150mg Total Carbohydrate 5g
		Dietary Fiber 3g Total Sugars 0g
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