



# 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
  - 1/4 tsp Cumin
  - 3 cups water
- Yield: 8  
Serving Size: 2 tbsp.



## 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.
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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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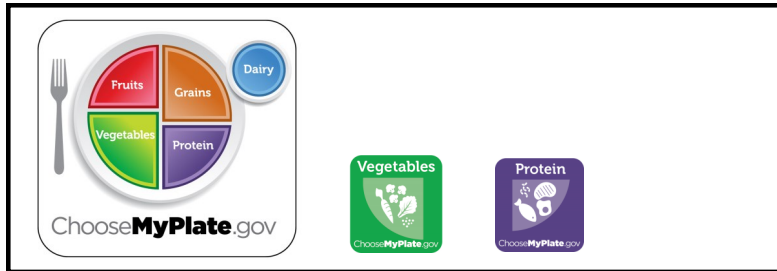
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# Fast Facts



## 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 Facts

8 servings per container

**Serving size** 2 tbsp

**Amount Per Serving**

**Calories** 90

	% Daily Value*
<b>Total Fat</b> 7g	9%
Saturated Fat 0.9g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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 much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

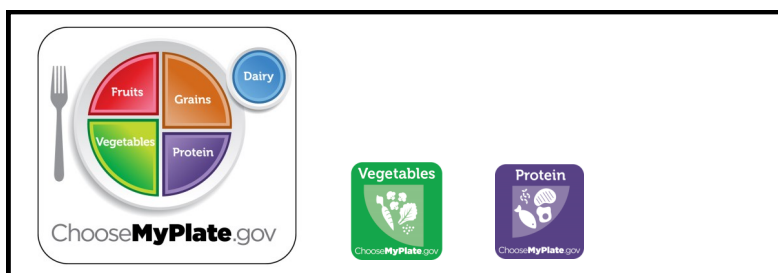
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