

Spring Green Pea + Parsley Hummus

If you like hummus I think you will love this. It's so fresh and bright and the green color is gorgeous! This recipe swaps out the traditional garbanzos beans (also called chickpeas) for defrosted frozen green peas. With the addition of parsley, this hummus is very different in a good way!

I add warm water to make it a thinner consistency so it really can be used as a dip or a sauce. I serve it with roasted or poached chicken and veggies.

Directions

Makes about 2 cups

I make this in a small food processor. Add all the ingredients to the bowl of the processor. Turn on and let it run till the consistency is completely smooth. You will have to stop it every minute or so and scrape the sides down.

This will take about 5 minutes total.

If you like your hummus a little thicker you can start out with 1/3 cup of water and see if you like the consistency.

The hummus can be stored in your fridge for a week.

Feel free to swap out the parsley for other fresh herbs, like dill, cilantro or basil.

Ingredients

1 1/3 cups defrosted green peas

1/2 cup tahini

1/2 cup warm water

2 tablespoons olive oil

3 tablespoons lemon or lime juice

2 cloves garlic, rough chopped

1/2 cup flat leaf parsley, rough chopped

1 teaspoon salt