Split Pea Hummus

Split peas are a good way to add color to any dish, and this hummus is a great twist on an old favorite!

Prep time: 15 minutes • Cook time: 30-45 minutes

Ingredients:
• 1 cup dry split peas
• 1 clove garlic
• 1/4 teaspoon salt
• 1/2 teaspoon cumin
• 1/4 cup olive oil
• 1 tablespoon lemon juice
• 1/4 cup water (more of less if needed)

Directions:
1. Cook peas according to package directions; add garlic clove at beginning of cooking.
2. Drain peas, place in food processor.
3. Add salt, cumin, olive oil, and lemon juice. Process until smooth, scraping sides occasionally and adding water until desired consistency is reached.
4. Serve with fresh vegetables, crackers, or pita wedges.

Serving Size: 2 tablespoons
Makes about 2 cups (16 servings).

Nutrition Information / Amount per serving:
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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>71</td>
<td>Protein</td>
<td>2.9 g</td>
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<tr>
<td>Total fat</td>
<td>3.5 g</td>
<td>Total Carbohydrates</td>
<td>7.3 g</td>
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<tr>
<td>Saturated fat</td>
<td>0.5 g</td>
<td>Dietary Fiber</td>
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<tr>
<td>Cholesterol</td>
<td>0.0 mg</td>
<td>Sodium</td>
<td>38.4 mg</td>
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