

Crostini with Pea Puree and Greek Yogurt

Adapted slightly from Amy Scattergood, Los Angeles Times



Servings: 16

NOTES: Use a baguette for the bread, or ciabatta. Brush the bread with olive oil, then toast to a golden brown. If using ciabatta, break each piece in half for a more normal appetizer serving.

1. Mix yogurt, olive oil, sea salt and lemon peel in a bowl and set aside.
2. Run hot-hot water over the frozen peas, then drain. Place in food processor with garlic, salt and olive oil. Blend until smooth.
3. Spread about 1 1/2 T pea mixture on each slice of bread, then spoon 2 tsp yogurt on top and garnish with sliced mint. Make these just before serving, and zest more lemon over all of it on the serving platter.

1/2 cup Greek yogurt, full-fat, or 2% may be okay

1 tablespoon olive oil
1/4 teaspoon sea salt
1 tablespoon lemon zest

PEA PUREE:

2 tablespoons sugar
2 1/2 cups frozen peas
1/4 teaspoon sea salt
2 small garlic cloves, minced
2 1/2 tablespoons olive oil

SERVING:

16 baguette slices, 1/4" thick, toasted
Thinly sliced fresh mint for garnish
Grated lemon zest for garnish



Per Serving (excluding unknown items): 127 Calories; 4g Fat (31.0% calories from fat); 4g Protein; 18g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 240mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

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