Green Pea Hummus

Author: Adapted from a Cooking Light recipe



2 cups frozen green peas
1/2 cup Italian parsley, chopped
3 tablespoons tahini (sesame-seed paste)
3 tablespoons fresh lemon juice
1 teaspoon ground cumin
1/2 teaspoon salt
1 whole garlic clove, chopped
1 tablespoon extra virgin olive oil, or lemon flavored oil if you have it
1/4 teaspoon sumac, or Zahtar

Per Serving (excluding unknown items): 107 Calories; 7g Fat (52.3% calories from fat); 4g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 244mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com

Notes: Not every kitchen has sumac (it is available by mail order). You can substitute zahtar (a combination of sesame seeds, sumac and other spices) if that's available. In a pinch you could substitute smoky paprika, although it wouldn't be the same.

1. Cook peas in boiling water 3 minutes; drain and rinse with cold water. Drain.

2, Place peas and next 6 ingredients (through garlic) in a food processor, and process until smooth. Spoon pea mixture into a small serving bowl; chill. Drizzle with oil, and sprinkle with sumac just before serving.