

GO GREEN HUMMUS

A sweet alternative to chickpea hummus!

by Corporate Chef Kurt Kwaitkowski

Featured Food: sweet peas

Yield: Makes about 3 cups

Ingredients

¼ c. olive oil	Juice of one lemon
¼ c. diced white onion	Zest from ½ of a lemon
2 cloves of garlic, minced	2 t. chopped fresh rosemary
¼ c. vegetable broth	1 T. chopped fresh parsley
1 c. frozen peas, thawed	1 T. grated parmesan cheese
1 c. frozen lima beans, thawed	Salt and pepper to taste

Preparation

Heat 1 Tablespoon of olive oil in a sauté pan and then sauté onions for about 5 minutes on medium heat. Add garlic and sauté for an additional minute. Deglaze the pan with the vegetable broth and remove from heat and cool.

After onions and garlic have cooled, put them in a food processor with the peas and lima beans and blend. While blending, add the remaining 3 Tablespoons olive oil, and the lemon juice. Add the parsley, rosemary, lemon zest, and parmesan cheese. Pulse a couple of times to incorporate ingredients. Taste and adjust seasoning with salt and pepper.

Let hummus sit for at least 30 minutes before serving.