Recipe For Health | JUNE 2019

SPRING PEA CROSTINI

Toast is a hot item! Looking for a fresh, bright spread for your toast? This recipe is the perfect way to showcase your early garden harvest or farmers market find. Hint: make it even easier and just as delicious with frozen peas!

by Corporate Chef Kurt Kwiatkowski

Featured Food: sweet peas

Yield: Makes 9 slices

Ingredients

2¼ c. frozen peas
1 loaf French bread
4 T. olive oil, divided
1 clove of garlic
½ c. fresh parsley
¼ c. fresh cilantro
1 jalapeno pepper, deveined and deseeded
½ c. lightly roasted walnuts
1 t. kosher salt
½ t. black pepper
Zest from ½ lemon
Juice from ½ lemon
3 T. ricotta cheese

Preparation

Preheat oven to 300°F.

Place peas in a small pot and cover with water. Put the pot over medium heat and let warm without boiling for about 2-3 minutes. Set aside ¼ cup of peas.

Cut bread into ½-inch thick slices and brush with 2 T. olive oil. Place in preheated oven to lightly toast, about 5-7 minutes. Remove from oven and set aside.

Pulse walnuts in food processor until well-ground. Add remainder of the peas (all but reserved ¼ cup), 2 T. olive oil, garlic, parsley, cilantro, jalapeno pepper, salt, and black pepper; blend until smooth. Add lemon zest and lemon juice; pulse once or twice. Taste and adjust seasoning as needed.

Spoon a couple of tablespoons of the pea mixture onto each piece of toast; spread around. Top with a few of the reserved whole peas and 1 t. ricotta cheese. Serve and enjoy!