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

 $2\frac{1}{4}$ c. frozen peas $\frac{1}{2}$ c. lightly roasted walnuts

1 loaf French bread1 t. kosher salt4 T. olive oil, divided½ t. black pepper1 clove of garlicZest from ½ lemon½ c. fresh parsleyJuice from ½ lemon¼ c. fresh cilantro3 T. ricotta cheese

1 jalapeno pepper, deveined and deseeded

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 $\frac{1}{4}$ 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!