



**Columbia Grain™**

CULTIVATING GROWTH™

# RECIPE

## Pea & Parsley Hummus

Here's an intro: Split peas bring on the bean power with B vitamins, manganese, and 16 grams of fiber per cup. Enjoy them in this innovative approach to hummus, bursting with fresh flavors!



### INGREDIENTS

- 1 cup dried green split peas
- 3 cups water
- 1 cup packed chopped parsley
- 2 tbsp tahini
- 4 cloves peeled raw garlic
- 1/4 cup extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp sea salt
- big pinch freshly cracked black pepper

### INSTRUCTIONS

1. Sort and rinse split peas.
2. Add peas and water to a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 40 minutes, or until completely tender and all water is absorbed.
3. Cool the cooked peas for 10-15 minutes uncovered before beginning the hummus.
4. Add the parsley, tahini, garlic, lemon juice, sea salt, pepper, and peas to a food processor or high-speed blender. Have the olive oil on hand.
5. Start the blender or food processor and begin slowly streaming in the olive oil right away. You may need to use your blender's temper to push the hummus towards the blade, it will be thick! If using a food processor, stop the machine and scrape down the sides with a spatula as needed.

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