

Green pea “mock-a-mole”

Ingredients:

- 1 cup frozen green peas, thawed and drained
- 1 teaspoon ground cumin
- 3 Tablespoons chopped onion
- 1 large garlic clove, chopped
- 1 Tablespoon lemon juice
- 1 Tablespoon olive oil
- ½ teaspoon red pepper flakes, or to taste
- Salt and ground black pepper to taste

Directions:

1. Combine peas, cumin, onion, and garlic in a blender or food processor. Process until smooth. Add lemon juice and olive oil and process just to blend. Taste and season with red pepper flakes, salt and pepper.

Serve with chips, crackers, or fresh veggies!

249 Calories, 23 carbs, 15g fat, 8g protein, 247mg sodium, 7g sugar