

Sweet Pea Wasabi Hummus

- 1 bag (12 oz) frozen sweet peas
- 1 can (15 oz) garbanzo beans
- 2 tablespoons olive oil
- 1 tablespoon sesame oil
- 2 teaspoons wasabi paste
- 2 teaspoons chopped ginger
- 1/2 teaspoon salt
- 2 cloves garlic, chopped
- 2 tablespoons water



Instructions

1. Cook peas as directed (minimum time) and drain; let cool.
2. In food processor, placed cooked peas and all remaining ingredients except water.
3. Pulse a few times and then add water slowly until smooth (Add additional water for preferred consistency). Cover and refrigerate

Green Salad

- spinach or green leaf lettuce
- romaine
- shredded red cabbage
- cucumbers
- mini tomatoes
- red onion
- quinoa
- apricots, chopped
- nuts and seeds (optional)
- balsamic vinegar