



Makes 1½ cups

Preparation Time: 15 minutes

INGREDIENTS:

1 15-oz. can chickpeas, rinsed and drained

2 tablespoons lime juice

1 small clove garlic, peeled

Sea salt and freshly ground black pepper, to taste

½ cup frozen peas, thawed

2 tablespoons chopped fresh mint

2 tablespoons finely chopped fresh parsley (optional)

1 teaspoon lemon zest

Green Pea Hummus with Fresh Mint

Brighten up the color and flavor of simple chickpea hummus with subtly sweet green peas and fresh mint in this 15-minute healthy vegan recipe. Try Green Pea Hummus as a dip or spread onto [sandwiches](#).

By Darshana Thacker Wendel

- 1 In a blender or food processor combine chickpeas, lime juice, garlic, and ⅓ cup water. Cover and blend or process until smooth. Season with salt and pepper. Add the remaining ingredients; cover and process just until nearly smooth.
- 2 Chill, covered, until ready to serve.