

Green Pea Dip



Ingredients:

- 2 cups frozen green peas
- 2 shallots, minced
- 2 garlic cloves, minced
- 1 teaspoon ginger, minced
- 1 tablespoon olive oil
- 5 slices whole wheat bread

Directions:

1. Place minced shallots and garlic in a skillet to sauté over medium heat.
2. Add ginger and cook 2 minutes.
3. Turn heat to low and add peas, cooking until peas become soft.
4. Blend or puree the mixture adding olive oil. Let mixture cool.
5. Lightly toast whole wheat bread and serve with dip.

Makes 4 Servings



Tarrant County Public Health
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