

GREEN PEA PARMESAN DIP

PREP TIME: 15 min
COOK TIME: n/a
SERVINGS: 8
SERVING SIZE: 1/4 cup



INGREDIENTS

- 1 ½ cups peas, fresh **or** frozen and thawed
- ¼ cup plain Greek yogurt
- ½ cup Parmesan cheese, grated
- 1 tablespoon fresh mint leaves **or** 1 teaspoon dried mint
- 1 tablespoon olive oil
- Salt and pepper to taste

DIRECTIONS

1. Combine all ingredients in a blender or food processor.
2. Blend until the mixture is as smooth or chunky as you like.
3. Taste, and add salt and pepper if desired.
4. Serve as a dip with cut-up veggies, pita chips, or crackers. Or use as a salad dressing, or sandwich spread instead of mayonnaise.



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