



SWEET PEA GUACAMOLE

- Yield: Approximately 1 cup

Ingredients:

Sweet Pea Guacamole

- ½ cup frozen peas, defrosted (can also use shelled edamame)
- 1 small avocado, peeled and seeded (about • ½ cup mashed)
- ¼ cup cilantro leaves, packed
- 2 green onions, white and light green parts only, chopped
- 1 teaspoon chopped garlic
- 1 teaspoon chopped jalapeno (optional)
- 3 teaspoons lime juice
- 2 tablespoons water
- ½ teaspoon kosher salt

Baked Whole Wheat Pita Chips

- 3 whole wheat pitas, cut into 8 wedges
- 2 tablespoons extra virgin olive oil
- 1 teaspoon garlic powder
- ¼ teaspoon kosher salt

Directions:

Sweet Pea Guacamole

Combine all ingredients in the bowl of a food processor fitted with a metal blade. Puree until mostly smooth. Let the “guacamole” chill in the refrigerator for 30-45 minutes to let the flavors meld and then serve with Baked Whole Wheat Pita Chips.

Baked Whole Wheat Pita Chips

Preheat oven to 400 degrees. Place pita wedges on a baking sheet and sprinkle olive oil, garlic powder and salt over the pita. Gently toss the pita with your hands so that each wedge is well coated and then spread into one layer. Bake for 8-10 minutes until lightly golden brown. The wedges will crisp further as they cool. Serve with Sweet Pea Guacamole.

