

Sweet Pea Dip with Pita Chips



Servings: 4

For the Sweet Pea Dip:

*3 cups frozen peas
1/3 cup Parmesan cheese, grated
1 1/2 teaspoons lemon zest
3 tablespoons lemon juice
2 tablespoons olive oil
2 tablespoons fresh mint
1 garlic clove
salt and pepper, to taste*

For the Pita Chips:

*2 1/2 teaspoons olive oil
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/2 teaspoon black pepper
4 pita breads, cut into triangles*

For the Sweet Pea Dip:

To a food processor add frozen peas, Parmesan cheese, lemon zest, lemon juice, olive oil, mint, and garlic. Season with salt and pepper.

Blend until smooth. (Add a little water if needed.)

Transfer to a bowl and garnish with mint and lemon zest.

For the Pita Chips:

In a bowl combine olive oil, garlic powder, salt, and pepper. Gently brush the mixture on to each pita triangle.

Place pita triangles on a baking sheet lined with parchment paper.

Bake in a 350°F oven for 8-10 minutes or until golden brown. Remove from the oven and let cool.

Serve

Per Serving (excluding unknown items): 246 Calories; 15g Fat (53.9% calories from fat); 13g Protein; 16g Carbohydrate; 5g Dietary Fiber; 13mg Cholesterol; 484mg Sodium; 5g Total Sugars; trace Vitamin D; 264mg Calcium; 2mg Iron; 209mg Potassium; 224mg Phosphorus. Exchanges: .