

# Pass the Peas Please



## RECIPE: PEA GUACAMOLE

### Key Ingredients

- 2 cups fresh peas (could use frozen)
- 1 lime, zest and juiced
- 1-3 garlic cloves, minced
- 2 scallion whites, minced OR 1 small shallot, finely minced
- 2-3 Tbsp. cilantro leaves, chopped
- 1 plum tomato, seeded and diced
- 3 Tbsp. plain Greek yogurt

### Optional ingredients:

- 1 small jalapeno, minced
- 1 small ripe avocado
- Salt to taste
- Hot sauce

### Recipe

1. Add peas to a medium pot of boiling water. Boil peas for about 2 minutes. Drain peas and rinse with cold running water until peas are chilled.
2. Using a food processor OR blender, puree peas, garlic, cilantro, and optional jalapeno until slightly creamy yet a bit chunky. Transfer to a medium bowl.
3. Add lime zest and juice, scallions OR shallot, tomato, Greek yogurt, and optional mashed ripe avocado. Add salt to taste and additional lime juice if needed. Garnish with cilantro and fresh peas. Serve with cut fresh vegetables or tortilla chips.



## RECIPE: SIMPLE SPRING PEAS

### Key Ingredients

- 2 cups fresh peas, shucked (could use frozen)
- 1 1/2 Tbsp. olive oil
- 1 bunch of scallions (whites and greens) chopped OR 3 medium shallots, diced 1/4 inch
- Zest and juice of 1 lemon
- 1/3 cup mint, roughly chopped OR chiffonade

### Optional ingredients:

- Fresh pea shoots
- Shaved parmesan OR pecorino romano
- Salt and pepper to taste

This dish could be served chilled or warm. Turn it into a main dish by adding your favorite cooked pasta/rice/gnocchi, along with a protein, such as cooked shrimp. And consider adding more vegetables, such as either sliced raw radishes or asparagus.

### Recipe

1. Add peas to a medium pot of boiling water. Boil peas for about 2 minutes. Drain peas and rinse with cold running water until peas are chilled.
2. In a medium pot, heat olive oil. Add either scallion whites (reserve greens) or shallot, while stirring occasionally, saute until tender.  
**IF desired to serve the dish chilled**, place onions in a bowl and set aside to chill. Once onions are chilled, add cooked peas, lemon zest and juice, scallion greens and mint.  
**IF desired to serve the dish warm**, add cooked peas, lemon zest and juice, along with mint to warm pot.
3. Season to taste with salt and pepper. Add any additional garnishes/ingredients, such as pea shoots and/or shaved hard cheeses.