WELL AWARE



Spring Pea Pesto

Source: Feasting at Home

Quick and easy to make, this healthy Spring Pea Pesto is vibrant with fresh herby flavor! Perfect for a dip, spread or sauce for pasta or buddha bowl. Vegan and gluten free!

Ingredients

2 cups peas, either frozen and thawed - or use fresh English peas (see notes)

1/2 cup packed mixed herbs mint, tarragon or dill

zest of one lemon

2 1/2 tablespoons lemon juice

1 tablespoon minced chives or green onion

1/2 teaspoon salt

1/2 teaspoon black pepper

1/8 cup olive oil

Instructions

In a food processor add peas, mixed herbs, lemon zest, lemon juice, chives (or green onion), salt, pepper and olive oil.

Pulse for a few minutes until the peas break down but are still textured.

Serve immediately or store in the fridge for 3 days.

What to serve with Spring Pea Pesto

pasta or grains raw veggies sourdough crackers rustic seed crackers potato gnocchi

Notes

If using fresh English peas, blanch lightly in salted water, until vibrant and floating, strain and plunge into cold water.

