



Country Fresh Peas & Carrot Dip

A new way to serve peas and carrots

1-1/2 cups (8 ounces) fresh or frozen peas, defrosted
2 Tablespoons tahini
2 Tablespoons fresh lemon juice
1 Tablespoon chopped chives
1 Tablespoon chopped parsley
1 teaspoon chopped mint leaves
1/2 Tablespoon fresh lemon thyme leaves
1 garlic clove, minced
1 avocado, skinned, seeded
2 Tablespoons water as needed
1/2 to 1 teaspoon salt; 1/8 teaspoon black pepper or to taste

Topping:

1 raw carrot; fine chopped
1/3 cup sweet peppered pecans ,*(see suggested links)
1 Tablespoon chopped parsley
Assorted Crackers as desired

Place the first nine ingredients in food processor; puree mixture into smooth dip; scraping down sides occasionally. Add water as needed until desired consistency. Season with salt and ground black pepper to taste.

Cut carrots into small chunks; place in microwave safe container; cook in microwave on high power for 1 minute or until tender. Season with salt to taste. Stir together with sweet peppered pecans. Set aside.

Place creamy pea dip on serving plate; top with carrots and pecans; sprinkle with chopped parsley. Serve with assorted crackers.

Yield: serves 4

About the Recipe: Do you want to know how to get your family to eat their peas and carrots? Try this “over the top” idea. Bursting with farm fresh goodness, garden peas turn into a creamy dip to serve with crackers or snackers, The topping, of course for this delightful duo, is diced golden sweet carrots sprinkled over the top. What fun!

Some Suggested Links for Sweet, Smoked, Spiced or Salty Nuts:

<https://www.gloriagoodtaste.com/wp-content/uploads/2017/05/Rosemary-Roasted-Mixed-Nuts.pdf>

<https://www.gloriagoodtaste.com/wp-content/uploads/2018/05/Smoked-Spiced-Pecans.pdf>

<https://www.gloriagoodtaste.com/gochujang-sweet-spiced-nuts/>

<https://www.gloriagoodtaste.com/wp-content/uploads/2018/04/Sweet-Salty-Coconut-Caramel-Pudding.pdf>