

# Green Hummus

- 2 cups (500 mL) PC® Edamame, thawed
- 1 cup (250 mL) packed fresh parsley leaves
- ½ cup (125 mL) basil pesto
- ½ cup (125 mL) extra virgin olive oil
- ¼ cup (50 mL) fresh lemon juice
- ⅛ tsp (0.5 mL) salt
- ⅛ tsp (0.5 mL) freshly ground black pepper
- 1 tsp (5 mL) finely grated lemon rind



## Instructions

Pulse together edamame, parsley, pesto, oil, lemon juice and salt & pepper in a food processor, magic bullet, or blender. Scrape down the sides a few times and blend again. Place in a bowl and mix in lemon rind. Garnish with a drizzle of oil and a few basil leaves. This dish can be made the day before. When ready to serve place dish on a baking sheet and warm at 350 degrees for 8 to 10 mins. A great snack or as a lunch served with fresh veggies for dipping.

## Nutritional Information (Per 2 tbsp (25 mL))

Calories 100 Cal.

Fat 9 g

Sodium 80 mg

Carbohydrate 3 g

Fibre 1 g

Protein 3 g

Low sodium