

Green Pea Garden Mash

Culinary Medicine, Nutrition Services

Serves: 6 Serving Size: 1/4 cup

Equipment: food processor, measuring cups, microplane or zester, citrus juicer (optional), spatula

Ingredients

1 cup green peas (fresh or frozen and thawed)
1/2 cup cooked white beans or 1/4 cup tahini
1 clove garlic, minced
1 lemon, juiced and zested
1/2 cup fresh green herbs (parsley, mint, basil, etc.)
3 tbsp olive oil
1-2 tbsp water as needed for texture
Salt to taste, cumin or chili flakes optional

Instructions

1. In a food processor, combine peas, beans or tahini, garlic, lemon juice and zest, and herbs. Pulse a few times.
2. Blend while slowly drizzling in the olive oil.
3. Add water 1 tbsp at a time until desired creamy texture is achieved.
4. Taste, salt, and adjust seasoning as needed.
5. Use immediately or refrigerate for up to 3 days.



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Why We Like This Recipe

This vibrant green spread combines sweet peas, fresh herbs, and bright citrus into a creamy, protein-rich base. It's perfect for slathering on tostadas, dolloping into bowls, or using as a nutrient-dense dip.

Chef's Notes:

- This dish adds a pop of color and freshness to many dishes and comes together using frozen and canned ingredients in only 5 minutes! Switch up the herbs to reflect the season—parsley and mint for spring, basil and lemon verbena for summer, or arugula and cilantro for fall. You can also swap lemon and lime.

Nutrition Notes:

- Peas and white beans are legumes high in plant-based protein, fiber, and folate. The healthy fats from the olive oil support absorption of fat-soluble vitamins, and fresh herbs bring antioxidants and phytochemicals that support immunity and digestion.

Gardener's Notes:

- Peas are amazing to grow in cooler, shorter seasons in Vermont and New York. Plant them early spring or late summer—this recipe is great for our shoulder seasons when there is not much else growing!



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