



Laura's Recipe Corner

Great Recipes from Laura McKay!

Spring Pea Guacamole

<https://toriavey.com/toris-kitchen/spring-pea-guacamole/>

Ingredients:

Total Time: 10 minutes; Serves 6

1 lb frozen green peas, thawed or fresh
shelled young peas (small), lightly
steamed and cooled
2 cloves garlic, sliced
1 jalapeño pepper, cleaned, seeded
and diced
1/2 cup fresh cilantro

1 tbsp olive oil
2 1/2 tbsp lime or lemon juice
1 tbsp fresh mint
1 tsp lime or lemon zest
3/4 tsp salt, or more to taste (I usually
add closer to 1 tsp)
1/2 tsp cumin
1/2 tsp crushed red pepper,
or more to taste



Directions:

In a food processor, combine all ingredients and pulse until you reach a guacamole-like consistency (pureed but with texture). Scrape down the sides with a spatula as necessary. Adjust salt and red pepper to taste, if needed. Sprinkle the top with some red pepper flakes before serving (adds spice). This dip can be served chilled or at room temperature depending on preference. Try it with tortilla chips, pita chips, crudité's, or anything you like to dip in traditional guacamole. Use gluten free dippers if you're keeping this recipe GF.

Green Pea Guacamole

<https://www.forksoverknives.com/recipes/pea-guacamole>; Modifications in red by Laura McKay, B.S., Health Educator

Ingredients:

Total Time: 10 minutes; Serves 6

2 cups frozen green peas, thawed
1 teaspoon crushed garlic
1/4 cup fresh lime juice
1/2 teaspoon ground cumin
1 tomato, chopped

4 green onions, chopped
1/2 cup chopped fresh cilantro
teaspoon hot sauce (optional, do not
use if mold sensitive. Replace w/
additional lime juice or use red
pepper flakes for spice/flavor.)
Sea salt

Directions:

In a food processor, combine all ingredients and pulse until you reach a guacamole-like consistency (pureed but with texture). Scrape down the sides with a spatula as necessary. Adjust salt and red pepper to taste, if needed. Sprinkle the top with some red pepper flakes before serving (adds spice). This dip can be served chilled or at room temperature depending on preference. Try it with tortilla chips, pita chips, crudité's, or anything you like to dip in traditional guacamole. Use gluten free dippers if you're keeping this recipe GF.



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