

Spicy Edamame Hummus

1 1/2 cups edamame, shelled
1/2 cup fresh English peas
2 cloves of garlic, peeled
2 T tahini
1 T extra-virgin olive oil
juice of 1 lemon
1/2 tsp cumin
1/4 tsp cayenne pepper
sea salt & fresh cracked pepper, to taste

Bring 6 cups water to a boil in a large saucepan.
Add edamame and English peas and return to a boil.
Cook about 5 minutes. Drain.

In food processor, mince garlic. Add edamame, English peas, tahini, olive oil, lemon juice, cumin, cayenne pepper, salt and pepper to taste and pulse until smooth. Serve with toasted pita bread.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN