

# Butter Pea Spread

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking and Cooling Time: 7 minutes

Standing time: 3 hours or overnight

Makes: 2 cups

**CChints:** If you cannot find Butter peas, you can substitute Lima or Soy beans. They each will add their own unique flavor to the spread.

Butter Peas can be found in the frozen vegetable section and most commonly under a generic brand packaging. A lot of the prep work for this recipe can be done while you are waiting for the cooked beans to cool. To get the smell of garlic off of your hands, rub them on a piece of stainless steel, like your sink or a bowl, then wash them. It's amazing, but it does work. Any left over lemon peel can be frozen in a bag and used as lemon zest in other recipes.



2 cups frozen Butter Peas, thawed  
1/2 cup water, divided  
1/4 cup fresh parsley leaves  
2 tablespoons chopped onions  
3 gloves roasted garlic, see recipe below  
1/4 cup crumbled bacon, like Bacon Bits  
by Hormel®

3 tablespoon extra-virgin olive oil  
Zest from 1/2 of a lemon  
1 tablespoon fresh lemon juice  
Dash of salt and pepper  
1/8 teaspoon chili powder  
1/2 cup reduced fat sour cream

Pour beans into a microwave safe container and add 1/4 cup the water. Cover the container but leave an opening to let the steam out. Microwave on high for 2 minutes until the beans are tender.

Drain and pour the beans into a food processor. Allow the beans to cool while you add the other items to the food processor. Add the remaining water, parsley and onions. Use a microplane to zest half of the lemon. This action will also get the juices flowing inside the lemon and make it easier to squeeze out the juice. Only zest the yellow part because the white part can be bitter. Put the other half of the lemon in a bag and store refrigerated for another use.

Add the garlic through chili powder to the food processor. Turn on the food processor allow it to run until everything is smooth, scraping the sides down every few seconds. When the mixture is almost to a creamy stage, pour the spread into a mixing bowl that has a cover. Fold in the sour cream, cover and refrigerate for 3 hours or overnight is better. This will allow the ingredients to mix together and deliver the flavor you are looking for.

When you are ready to serve, transfer the spread into a serving bowl and serve with chips or crackers. Yummy!

**Roasted Garlic:** Preheat oven to 350 and bake for 30 minutes

1 large bulb of garlic  
1 teaspoon water

Dash of salt and pepper  
1 tablespoon extra-virgin olive oil

Rub the bulb gently to get off any loose papery covering, but do not remove it all. Use a very sharp knife to cut off enough of the roots so the bulb will almost sit flat, but do not cut into the cloves. Slice about 1/4 inch off the tops of the cloves to reveal the garlic inside. Work along the sides to cut off the tips of any shorter cloves. Tear off a piece of foil about 7 inches wide. Put the bulb in the center and let it sit in the water. Sprinkle the open tips and the bulb with the oil, salt and pepper. Bring the edges of the foil up to meet in the center and close it tight. Bake and allow to cool so you can handle it. Tear off 1 clove at a time and gently pinch the base, the roasted garlic clove with slice out. Whatever you don't use in this recipe can be stored in an airtight container for up to a week.