

PEA-CAMOLE

- 15 oz. steam-in-bag frozen peas
- ¼ cup heavy cream
- 1 tablespoon butter
- 1/2 tsp. both salt and pepper
- 4 ripe avocados
- 2 medium tomatoes
- 1 small to medium red onion
- Juice from one lime
- 1 bunch cilantro
- 1 tbsp. minced garlic



- Cook the frozen peas according to the package directions (usually about 5 minutes)
- Combine the cooked peas, heavy cream, butter, salt & pepper in a food processor and pulse several times to get a smooth creamy consistency. Place this mixture into your refrigerator to chill.
- Cut and pit the avocados, and scoop them into a mixing bowl using a spoon.
- Dice the tomatoes, onion and cilantro (save a little bit to top your finished dip!) and add that to the avocado flesh.
- Add the minced garlic and lime juice to the bowl.
- Using a fork or a potato masher, mix the guacamole ingredients together until it is combined, but still has some chunks of avocado in it.
- Once your mushy peas have cooled down, combine them with your fresh guacamole, and top with some chopped cilantro.
- Of course, you can add more salt, pepper or garlic to your taste preferences.
- This dip is delicious with both tortilla chips and crackers, but could be used to dip raw veggies in too!