

Idaho Peas & Lentils



Idaho Pea and Lentil Facts

- Peas and lentils are legumes.
- Legume plants have a special bacteria living on their roots that help them make nitrogen which all plants need for growth.
- Idaho is fourth in the nation in dry pea and lentil production, and 5th in dry bean production.
- 90% of all lentils in the U.S. are grown within a 90 mile radius of Moscow, Idaho, and Pullman, Washington, in an area called “The Palouse.”
- Peas, lentils and garbanzo beans (or chickpeas) are also called “pulse” crops.

Nutrition Facts

- Legumes are an excellent sources of plant protein and fiber.
- Peas and lentils provide other nutrients such as iron, potassium, and thiamin.
- ½ cup of lentils provides about half of your daily need for fiber and folate.

10 Minute Hummus Recipe

Ingredients:

- 1 16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tablespoons lemon juice (depending on taste)
- 1 1/2 tablespoons tahini (optional)
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Directions:

1. Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor.
2. Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.
3. Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

Variations:

You can also add peanut butter, spinach, tofu or sun-dried tomatoes, depending on your family's taste.

Hummus can be refrigerated for up to 3 days and can be kept in the freezer for up to one month. Add a little olive oil if it appears to be too dry.

Adapted from: <http://mideastfood.about.com/od/appetizerssnacks/r/hummusbitahini.htm>

