

Spring Pea Spinach Hummus

Eschman Meadows Midday Gathering

Yield: 2 cups

Ingredients:

2 cups fresh baby spinach
1 cup frozen green peas, thawed
2 tablespoons olive oil
1 tablespoon fresh lemon juice
½ teaspoon salt
Pinch black pepper
15 oz canned garbanzo beans,
rinsed and drained
1 garlic clove

Instructions:

Combine all ingredients in a food processor and purée until very smooth. Season to taste with salt and pepper.

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Parmesan Ranch Pasta Salad

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Yield: 8 servings

Ingredients:

1 lb bowtie pasta
1 cup vegetable ranch dressing
1 tablespoon black peppercorns, cracked
¼ cup parmesan cheese, grated
½ cup broccoli florets
¼ cup red onion, diced small
½ cup yellow peppers, diced small
1 pint grape tomatoes, halved
Salt and pepper to taste

Instructions:

Add water and salt to sauce pan.
Once water comes to a boil, add pasta.
Cook until al dente.
Drain and rinse in cold water to cool completely.
Add the rest of the ingredients and mix well.
Season to taste with salt and pepper.
Refrigerate until ready to serve.

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