

Roasted Snack Peas

Ingredients

- 1 lb frozen peas
- 2 tsp oil
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp smoked paprika

Directions

Preheat your oven to 350F. Line a shallow baking sheet with parchment paper. Spread the frozen peas evenly in a single layer. Bake the peas for 5 minutes.

In the meantime, stir the oil, garlic powder, salt, and paprika together in a mixing bowl. Transfer the peas to the bowl and toss together until well coated. Transfer the peas back to the lined baking sheet. Bake for another 20 minutes. Allow the peas to cool completely on the baking sheet. Eat immediately or store in an airtight container for later use. Eat as a healthy snack or use as a salad topping.

Mint Pea Sorbet

Ingredients

- 2 1/2 cups coconut milk
- 1 lb frozen peas
- ½ cup loosely packed mint leaves
- ½ cup sugar

Directions

Blend all the ingredients in a blender or food processor until smooth and thick. Eat immediately or pour the mixture into a freezer safe container. Freeze for one hour then stir well to eliminate any ice crystals that have formed. Repeat this step twice more in the next hour then freeze overnight.

Cold Pea Soup with Ham

Ingredients

- 8 cups vegetable broth
- 3 celery ribs, small diced
- 2 tsp dried sage
- 2 Tbs oil
- 1 lb dried peas
- 1 lb cooked ham, diced
- 1 small onion, small diced
- 1 tsp kosher salt
- ¾ cup frozen carrots, diced
- ½ cup pepitas (green pumpkin seeds)
- ½ tsp white pepper

Directions

Roast the pepitas in a nonstick pot, stirring lightly for even roasting. Once the pepitas are lightly browned, transfer to a small bowl. In the same pot, sear the cooked ham also until just browned then transfer to a plate. If needed, heat the oil in the pot. Add the celery and onion. Sauté over medium heat until the celery and onions are tender. Stir in the sage, white pepper, and salt. Sauté for another minute. Add in the dried peas and vegetable broth. Cook for about an hour or until peas are tender. Transfer the pepitas back into the pot. Using a submersion blender, puree the soup. Transfer the dice ham back into the pot. Add the frozen carrots. Cook for another 10 minutes. Remove from heat and allow to cool completely. Refrigerate overnight.