

Green Pea Guacamole

BY **CHEF COLLEEN WALLACE**, CAFETERIA MANAGER, WESTFORD ACADEMY,
AND **SHELLEY BICKFORD**, STAFF MEMBER, WESTFORD ACADEMY

Westford Academy uses this guacamole to make a marvelous California turkey wrap with turkey bacon. In a tortilla, include thin-sliced turkey from the deli, turkey bacon, American or Swiss cheese, lettuce, tomatoes, and a pickle!

- 6 pounds green peas
- ½ cup lemon juice (2 lemons)
- 2 tablespoons salt
- 2 teaspoons pepper
- 2½ teaspoons ground cumin
- 4 tablespoons minced garlic
- 2½ cups vegetable oil
- 6 cups minced red onion
(about 2 pounds)
- 12 small Roma tomatoes, diced

Optional Ingredients:

- ½ cup low-fat sour cream
- 3 cups chopped fresh cilantro,
including stems

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In a blender, combine peas, lemon juice, salt, pepper, cumin, and garlic and turn the blender on medium speed. Add the oil in a thin stream until all is incorporated.

Transfer to a bowl and add in the optional ingredients if desired.

Keeps for 3 days in fridge.

NUTRITIONAL INFORMATION

CALORIES: 78; SODIUM: 172.86 MG; SATURATED FAT: 9.85%

USDA REQUIREMENTS MET

³/₈ CUP LEGUME VEGETABLE

OR

³/₈ CUP M/MA