

Mashed Pea Spread [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]



This recipe yields 4 servings.

This vibrant pea-based snack tastes great on toast, sandwiches, wraps, and even veggie pizzas. Peas are also loaded with nutrients, including potassium, calcium, and magnesium, that regulate blood pressure and may decrease your risk of heart disease.

Ingredients:

- 2 cups (290 grams) of [green peas](#), fresh or thawed
- 1/2 cup (112 grams) of feta cheese
- 2 tablespoons (30 ml) of olive oil
- 1 tablespoon (15 ml) of lemon juice

Directions: Put peas in a mixing bowl and mash with a fork. Add the [feta cheese](#), olive oil, and lemon juice, then mix.

NUTRIENTS PER SERVING: Calories: 169 Protein: 7 grams Carbs: 12 grams Fat: 11 grams