

## *Spread a Little Green Around*

### Ingredients:

2 cups of fresh young peas, shelled  
2 tablespoons dried or 1/4 cup chopped fresh dill  
2 tablespoons minced red onion  
1 avocado  
pinch of Celtic sea salt (optional)

Process all ingredients in food processor until fairly smooth and remove to colorful bowl. Use as a dip for vegetable crudites, or spread on large Romaine or Swiss Chard leaves for a quick wrap.

Serves 2-4