



*Yellow split peas add a buttery, earthy flavor to this dip. Often made for “holy week”, it is served with a thin bread called “lagana”. Extremely good for you, split peas are high in nutrients including protein, calcium and iron. So don’t feel guilty about eating this great dish!*

## **Fava Dip**

### *Ingredients*

1 1/2 cups yellow split peas  
1 carrot, roughly chopped  
1 onion, roughly chopped  
4 tbsp olive oil  
1 sprig thyme  
1 tbsp Kosher salt  
4 cups water  
1/4 cup olive oil  
1/4 cup slivered fresh onion  
1 tsp thyme

### *Instructions*

Place yellow split peas in 3 cups of water and bring to a boil. Taking off any foam while the peas boil. Once the water starts to boil, turn off the heat and cover the pot. Let the peas rest in the boiling water for 1/2 hour.

After 1/2 hour, drain the peas and rinse with cold water. In the pot, heat the 4 tablespoons oil and add the onion and carrot and cook until the onion is translucent. Add the peas and cook for an additional minute.

Add 4 cups warm water, salt and thyme and cook until the water is soaked up (approximately 1 hour). Remove from the heat and let it rest for 2 to 3 minutes.

Pulse in a processor until smooth, adding the 1/4 cup oil while pulsing. To serve, place in serving dish and top with chopped fresh onion, thyme and drizzled olive oil.