

Mint Pea Purée

- 2 16-ounce packages frozen petite peas or fresh
- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups sliced shallots/ yellow onion
- 1 cup (or more as needed for consistency) vegetable broth or water
- 1 cup mint leaves + some for garnish
- Plain nonfat Greek yogurt or crème fraîche
- Small fresh peas to garnish

Preparation

If peas are frozen, place 1/2 cup peas in microwave-safe bowl; set aside. Heat oil in heavy large saucepan over medium-high heat. Add shallots and sauté until golden and almost tender, about 7 minutes. Add remaining peas, 1 cup liquid, bring to simmer. Reduce heat to medium and simmer until flavors blend and peas are tender, about 7 minutes. Cool slightly. Working in batches, add mint pea puree into blender until completely smooth. Return soup to same saucepan. Bring to simmer and thin with more broth, if desired. Season with salt & pepper.

Cook reserved 1 cup peas in microwave until warm, about 1 minute.

Spoon purée onto plate, top with a dollop of yogurt. Sprinkle whole peas over and chiffonade of mint to garnish.

NOTE: To make into soup, add 4 cups of broth or water