

Ricotta, pea and mint dip

Recipe developed by WASCA

Traffic light category: **Green**

Serves: 2 cups

Ingredients

- 2 cups peas (fresh or frozen)
- ¼ cup water (if using frozen peas)
- 2 tablespoons mint leaves
- 1 cup reduced fat ricotta
- 1 tablespoon olive oil
- Ground black pepper, to taste



Method

1. If using fresh peas, blanch peas to bright green stage; or if using frozen peas, place peas in a microwave safe bowl with ¼ cup water, microwave until thawed
2. Place all ingredients into a blender and blitz to a nice chunky consistency
3. Taste and season with pepper if necessary
4. serve with toasted pita crisps.



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