**Pea Pesto Crostini Appetizer**

SERVES 8

INGREDIENTS:

Pesto:

1 10-ounce package frozen peas, defrosted

3 garlic cloves

1 tbsp grated parmesan or nutritional yeast (vegan)

¼ teaspoon kosher salt (optional)

¼ teaspoon freshly ground black pepper

½ ripe avocado

1 tsp onion powder

8 cherry tomatoes, halved or 1 small tomato diced

Crostini:

8 thinly sliced pieces of whole wheat baguette or whole wheat sourdough (Nashoba Bakery)

For the pea pesto: pulse together the peas, garlic, parmesan (nutritional yeast), salt (optional), onion powder and pepper in a food processor. Add avocado. If needed can add 1 tbsp of water to blend to a better consistency. Season with additional pepper, if needed. Transfer to a small bowl and set aside.

For the crostini: preheat a stove top griddle or grill pan on medium-high heat. Spray with Pam spray. Warm thinly sliced whole wheat baguette on grill until golden, about 1-2 minutes. Can also be heat on a baking pan in oven. Transfer the bread to a clean surface and spread 1 to 2 tablespoons of the prepared pesto on each slice. Top with tomato halves and serve. Alternately use whole wheat pita or whole wheat cracker.