



Hummus

A classic and versatile dish you'll make again and again. This hummus provides protein, healthy fats, fiber, and iron!

Ingredients:

- 1 clove Garlic
- 1 1/2 cups (15 oz.can) garbanzo beans, save the liquid
- 1/4 cup Tahini
- 1/4 cup Extra-virgin olive oil
- 1 teaspoon Salt (optional)
- Pepper (to taste)
- Juice of 1 Lemon
- 1 tablespoon Cumin or Paprika (optional)
- Chopped fresh parsley leaves for garnish (optional)

Directions:

1. Place peeled garlic in blender/processor and pulse a few times.
2. Add garbanzo beans, tahini, olive oil, salt, lemon, and spices. Process to form a smooth puree. Add saved garbanzo liquid or water as needed to make a smooth puree.
3. Taste and adjust seasonings as desired: add more salt, pepper, lemon, or spices.

To Serve: Pour into a bowl and garnish with parsley, spices, or a drizzle of olive oil. Serve as a dip with pita, veggies, and olives. You can also spread it on a sandwich, put it on a salad, or even eat it by the spoonful!

Serves 6

Serving size: 1/4 cup

Other ideas:

- Try different spices, leave out the garlic, use garlic powder, or use bottled lemon juice.
- Leave out the tahini, or use peanut butter or another nut butter instead.
- Blend in cooked veggies such as roasted red pepper, spinach, eggplant, or beets.
- Substitute any kind of bean you like.

Nutrition Facts

Serving Size 0.25 cup(s) (70g)

Amount Per Serving

Calories 212 Calories from Fat 140

% Daily Value

Total Fat 15.6g 24 %

Saturated Fat 2.1g 11 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 395.5mg 16 %

Total Carbohydrate 14.6g 5 %

Dietary Fiber 3.7g 15 %

Sugars 2.2g

Protein 5.6g

Vitamin A 1 % Calcium 4 %

Vitamin C 7 % Iron 12 %

