

## Healthy Recipe

GET HEALTHY, STAY HEALTHY

# Basil and Sun-Dried Tomato Hummus

### Ingredients

- 1/4 cup sun-dried tomatoes\*  
1 clove garlic  
1/4 cup fresh basil leaves  
1 (14.5-ounce) cannellini beans  
juice of one lemon (about 3 T)  
1 T olive oil

### Preparation

1. Combine all ingredients in a food processor or high-speed blender.
2. Pulse several times, let it run until pureed.
3. Add water one tablespoon at a time until the hummus reaches the desired consistency.

### Tips & Notes

- Choose water-packed or dried rather than oil-packed. If you use dries, soak them in hot water if they're particularly brittle and reserve the water to thin the hummus\*
- Mix this puree into your favorite pasta sauce for a higher-protein, almost-fat-free cream sauce.  
Or use less water and use in place of ricotta cheese in lasagna or stuffed pastas.

### Nutrition

**Per serving:** 119 calories; 4.3 g fat ( .5 g sat , 2.5 g mono ); 0 mg cholesterol; 16.1 g carbohydrates; 1.6 g sugars; 5.2 g protein; 4.4 mg fiber; 101.2 mg sodium; 345.2 mg potassium.

**Makes:** 4 servings ¼ cup each • **Active Time:** 5 minutes • **Total Time:** 5 minutes