

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Classic Hummus

Makes: 1 ½ cups • **Prepare Time:** 10 minutes • **Cook Time:** 10 minutes

Ingredients

- 2 clove garlic, crushed
- 1 16-ounce can chickpeas, rinsed
- ¼ cup liquid from canned chickpeas
- 4 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoon tahini (see Note)
- 1/2 teaspoon salt



Preparation

- Drain and rinse chickpeas, setting aside liquid from chickpea can
- Combine remaining ingredients in a food processor
- Add chickpea liquid and blend for 3-5 minutes

Nutrition

Per serving (¼ cup serving size): 119 calories; 7 g fat; 0 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 3 g protein; 3 g fiber; 298 mg sodium; 113 mg potassium.

Tips & Notes:

Make Ahead Tip: Cover and refrigerate for up to 5 days

Tip:

Add your favorite fresh herb or vegetable to add flavor (2 teaspoons of fresh cilantro finely chopped, 1-2 teaspoons of red or jalapeño peppers, seeded and finely chopped)

Serve with vegetables or warm whole-wheat pita bread for dipping

Note: Tahini is a thick paste of ground sesame seeds. Look for it at large supermarkets in the Middle Eastern section or near other nut butters.

