



Eat Well

## Hummus

### Directions

Hummus is a creamy, satisfying dip for your favorite raw veggies, like bell peppers, carrots, celery, and snap peas. A thin layer of it also makes a great substitute for cheese and mayo on sandwiches.

Drain the chickpeas and combine with lemon juice, tahini, onion, garlic, oil, cumin, pepper, and salt in a blender or food processor. Puree until smooth, adding  $\frac{1}{4}$ - $\frac{1}{2}$  cup water if needed to thin the puree. Refrigerate for 3-4 hours before serving to blend the flavors. Garnish with parsley, if using.

**Servings: 5**

### Nutrition information per serving:

Calories 251, Total Fat 16 g, Saturated Fat 2g, Sodium 477 mg, Carbohydrates 23g, Fiber 5g, Protein 8 g

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### Ingredients

- » 1 can (15 oz) chickpeas, drained and rinsed
- » 2 tbsp fresh lemon juice
- »  $\frac{1}{2}$  cup tahini (sesame paste)
- »  $\frac{1}{4}$  cup chopped yellow onion
- » 3 cloves garlic, chopped
- » 2 tsp extra-virgin olive oil
- » 2 tsp ground cumin
- »  $\frac{1}{8}$  tsp ground red pepper
- »  $\frac{1}{2}$  tsp salt
- » Chopped fresh parsley

*May also add  $\frac{1}{4}$  cup pickled hot peppers and omit salt.*

