



Hummus

Recipe Source: www.allrecipes.com

Ingredients:

2 cups canned garbanzo beans, rinsed and drained
1/4 cup + 1 Tbsp tahini
1/4 cup lemon juice
1 tsp salt
2 cloves garlic, halved
1 Tbsp olive oil
1 pinch paprika
1 tsp minced fresh parsley

Steps:

- Place the garbanzo beans, tahini, lemon juice, salt, and garlic in a blender or food processor. Blend until smooth, scraping down sides if necessary.
- Transfer mixture to a serving bowl. Drizzle with olive oil, and sprinkle paprika and parsley on top.
- Serve with fresh vegetables such as carrots, celery, cucumbers, zucchini spears, radishes, and cauliflower.

Tips from the Test Kitchen: Tahini is sesame seed paste and can usually be found by the nut butters in grocery stores, or in the ethnic foods aisle. To make hummus into more of a meal, make it into a wrap with a whole wheat tortilla, fresh or cold roasted vegetables and greens, and a sprinkle of feta. It is also delicious as a topping for salad filled with colorful chopped vegetables and olives or avocado.

Nutritional Facts (per serving): Calories: 130, Carbohydrates: 11 grams, Protein: 5 grams, Total Fat: 8 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 461 mg, Fiber: 3 grams, Total Sugars: 0 grams.