

Hummus

Hummus can be used as a dip or a spread for vegetables, pitas and crackers

Ingredients

- 1 - 15 ounce can chickpeas (garbanzo beans)
- ¼ cup tahini paste (sesame paste)
- 2 tablespoons lemon juice
- 2 tablespoons warm water
- 2-4 cloves peeled garlic
- ¼ teaspoon salt
- ¼ teaspoon ground red pepper (optional) or Tabasco Sauce
- ¼ cup fresh chopped parsley or cilantro

Directions

In a food processor or container, combine chickpeas, tahini, lemon juice, garlic, salt, and red pepper (if using).

Cover and process or blend until smooth*. Add parsley or cilantro, process or blend for 10 seconds. Place hummus in serving bowl and enjoy. Cover any remaining hummus and place in refrigerator.

* Depending on the beans, 1 additional tablespoon of water may be necessary.

Yield: 1 ¾ cups

1 serving = ¼ cup: **Calories:** 114

Fat: 6 grams (1 gram saturated)

Carbohydrate: 12 grams **Protein** 4 grams

Recipe from the American Heart Association

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