

Simple Hummus

This hummus serves as a tasty dip or spread for your favorite sandwich, wrap, or chips. You can also customize the hummus with flavors like roasted red pepper, roasted garlic, or chipotle in adobo.

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1 (15oz) can	Chickpeas (Garbanzo Beans), drained and rinsed
1 clove	Garlic, rough chop
½ each	Lemon, juiced
3 Tbsp	Water
¼ cup	Extra Virgin Olive Oil
½ tsp	Kosher Salt
To Taste	Black Pepper, ground
1 tsp	Hot Sauce (optional)

CHEF'S NOTES

Extra hummus can be stored in an airtight container in the refrigerator for up to 5 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Drain and rinse the chickpeas. In a microwaveable safe bowl, microwave the chickpeas until hot (about 1-2 minutes on high). This will result in smoother hummus.
3. In a food processor or blender, combine the garlic, chickpeas, lemon juice, water, oil, and spices. Blend the mixture until smooth. If the hummus is too thick, add warm water, one tablespoon at a time, until the hummus is smooth and creamy.
4. Store hummus in refrigerator until use.

Nutrition Facts

8 servings per container

Serving Size 1/4 cup (71 g)

Amount per serving

Calories 110

% Daily Value *

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 6%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.83mg 5%

Potassium 100mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe by Health meets Food, "Simple Hummus", (10/1/19)



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