

# Hummus

**Yield:** 8 servings

**Serving size:** about ½ cup

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup (51g)</b>
<b>Amount Per Serving</b>	<b>110</b>
<b>Calories</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 24mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 73mg	<b>2%</b>

\*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.

Though usually made with chickpeas, hummus can also be made with other beans such as great northern beans, black eyed peas, edamame, or white beans.

## INGREDIENTS

- 1 can chickpeas (15-ounce), rinsed and drained
- 2 TBSP fresh lemon juice
- 3 TBSP tahini paste
- 3 TBSP water
- 2 cloves garlic, minced
- 2 TBSP olive oil
- ¼ teaspoon ground cumin
- ½ teaspoon Kosher salt

## DIRECTIONS

1. In a blender or a food processor, combine all ingredients and blend until smooth.
2. Serve with baked pita chips.

Store hummus in the refrigerator for up to 10 days.

