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Classic Hummus

Source: Food & Nutrition Education in Communities (FNEC), Cornell University
Serving size: 2 Tbsp **Servings per recipe:** 18

This is the traditional take on this Middle Eastern dish--it's loaded with nutrients such as protein, fiber, iron, and magnesium, and is a delicious snack served with sliced vegetables or whole wheat pita.

Ingredients

1 clove garlic, peeled
3 Tbsp lemon juice
1/2 tsp salt
1 15-ounce can drained chickpeas (also called garbanzo beans)
4 Tbsp water
3 Tbsp tahini **
1/4 tsp paprika
2 Tbsp olive oil
Chopped parsley and olives, optional garnish
* Sounds like: húmm-us
** Tahini is ground up sesame seeds, and has the consistency of peanut butter. It sounds like: ta-hée-nee.

Materials

Cutting board and sharp knife, can opener, blender, measuring cups and spoons

Directions

1. Put garlic, lemon juice, salt, and 1 cup of chick peas into blender. Add 2 Tbsp of water, and blend until smooth.

2. Add second cup of chick peas and 2 Tbsp of cold water. Blend until smooth.

3. Add tahini and blend again until smooth. If you want creamier hummus, add an additional Tbsp of water.

4. Scoop hummus into a shallow bowl. Smooth over the top of the hummus with a flattened knife. Sprinkle the hummus with paprika and then drizzle the olive oil.

Optional: Garnish with chopped parsley and olives

Serve with pita bread or cut up raw vegetables.

Hummus will last for several days in the refrigerator.

Nutrition Facts

Serving Size 2 tablespoons (38g)
Servings Per Container 18

Amount Per Serving

Calories 50	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 2g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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