

Light Hummus



- 1 15-ounce can chick peas (garbanzo beans), rinsed and drained
- 2 cloves chopped garlic
- 1 tablespoon tahini*
- 6-8 tablespoons reduced sodium vegetable broth
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- Hot pepper sauce (optional)
- Paprika (optional)
- Cut raw vegetables and/or pita bread wedges.

1. Put chickpeas, garlic, tahini, lemon juice and olive oil in a blender or food processor. Blend on high until mixture is coarse but smooth.
2. Add salt, pepper and hot pepper sauce, if using, and blend in.
3. Transfer hummus to a serving bowl. If desired, sprinkle lightly with paprika. Serve with cut-up raw vegetables and pita bread.

Serves 10 (2 tablespoons per serving).

*Tahini is a sesame seed paste. While there is no good substitute, you could make your own by combining 1/4 cup each toasted sesame seeds and vegetable oil plus 1 teaspoon toasted sesame oil in a blender. Blend until the mixture is smooth.

Nutrition Facts (without hot pepper sauce and paprika)		
Servings per recipe: 10		
Calories 70	Calories from fat 18	
	% Daily Value	
Total Fat 2g		3%
Saturated Fat	trace	1%
Cholesterol	trace	0%
Sodium	297mg	12%
Carbohydrate	11g	4%
Dietary Fiber	2g	9%
Protein	3g	5%
Vitamin A:	3%	Vitamin C: 6%
Calcium:	2%	Iron: 5%
		Folacin: 8%
		Potassium: 3%

Modified from original source: AICR Snacks Homemade for Health, at http://www.aicr.org/site/DocServer/HfH2008Snacks_SH-W.pdf?docID=1681, August, 2003, revised January, 2008.

Barbara Brown, Food Specialist
Oklahoma Cooperative Extension Service