

Carla Due, Miller County Extension Agent



Hummus

Source: *Cooking with Extension* | **Yield:** 10 servings. 192 Calories per serving. Total fat 9g; Protein 6g; Total carbohydrate 24g; Dietary fiber 5g, Sodium 309mg

INGREDIENTS:

- 2 (15 oz.) cans garbanzo beans (chickpeas)
- 3 tablespoons tahini (sesame seed paste)
- 4 cloves garlic
- Juice of 1 lemon
- 4 tablespoons olive oil
- ½ cup water
- Salt to taste
- Freshly ground black pepper to taste

DIRECTIONS:

1. Place the garbanzo beans, tahini, garlic, lemon juice and oil in the bowl of a food processor or blender. Chop or blend until smooth, adding enough water to obtain a creamy dip.
2. Season with salt and pepper.
3. Transfer to a serving bowl.
4. You can serve it immediately but it will be tastier if refrigerated overnight.
5. Take out of refrigerator 1 hour before serving. Serve with pita bread.