Hummus

TOTAL TIME: 10 MINUTES          8 SERVINGS
HANDS ON TIME: 10 MINUTES

Ingredients

- 1 (15-ounce) can chickpeas (roughly 2 cups)
- 3 tablespoons olive oil
- 1 1/2 tablespoons lemon juice (1/2 lemon), plus more to taste
- 1 small clove of garlic, roughly chopped
- 1 teaspoon salt

Serve with: pita bread, pita chips or raw sliced vegetables
(Such as carrots, celery, broccoli or bell peppers)

Tools

- A food processor or blender

Directions

1. Drain the chickpeas into a strainer and rinse under cool running water.
2. Combine the chickpeas, olive oil, lemon juice, garlic, and salt in the food processor bowl or blender. Process (or blend) the hummus continuously until it becomes very smooth, 1 to 2 minutes. Scrape down the sides of the bowl (or blender) as needed.
3. Taste and add more of any of the ingredients, if necessary. If your hummus is thicker and you want to make the hummus creamier, slowly add, in increments, more lemon juice, water or olive oil to thin it out.
4. Transfer the hummus into a bowl and serve with pita chips or raw vegetables. Hummus will keep for up to a week in a sealed container in the refrigerator.
Diet Tips and Facts

- Low in Saturated Fat
- Low in Cholesterol
- Chickpeas are a great source of fiber and have been shown to help lower cholesterol.

Nutrition Facts

One serving – about 4 tablespoons (61g)
Calories – 110 (from Fat-51)
Total Fat – 6g
  Saturated – 1g
Cholesterol – 0mg
Sodium – 448mg
Carbohydrate – 12g
  Fiber – 2g
  Sugar – 0g
Protein – 3g

Food Safety Reminder: According to the USDA, canned food with small dents should still be safe to eat. Watch out for badly damaged cans. These are cans with dents that have sharp points or are deeply dented on one of the seams (top or side). These dents can allow bacteria into the can, and the food will no longer be safe to eat.