



## EASY TO MAKE HUMMUS RECIPE

Like other legumes, such as beans, peas, and lentils, **chickpeas** are high in fiber and protein, and contain several key vitamins and minerals. In this article, we will give a nutritional breakdown of **chickpeas** and explain their potential health benefits. ... They are a **good** source of protein, carbohydrates, and fiber.

**Makes 6 servings or about 1 1/2 cups**

### YOU WILL NEED

- 1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas
- 1/4 cup (60 ml) fresh lemon juice (1 large lemon)
- 1/4 cup (60 ml) well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water
- Dash ground paprika, for serving

### DIRECTIONS

In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.

Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.



Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.

Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate up to one week.

**NUTRITION PER SERVING: Serving Size 1/4 cup / Calories 190 / Protein 6 g / Carbohydrate 18 g / Dietary Fiber 5 g / Total Sugars 3 g / Total Fat 11 g / Saturated Fat 2 g / Cholesterol 0 mg**