



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

# ***Hummus***

### **Ingredients:**

- 1  $\frac{3}{4}$  cup (one 15-ounce can) chickpeas, drained and rinsed
- 1 cup sesame tahini (also called sesame butter)
- $\frac{1}{2}$  cup fresh lemon juice
- 2 garlic cloves, finely minced
- 1 to 2 tablespoons cold water
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon black pepper, freshly ground
- $\frac{1}{4}$  teaspoon cayenne red pepper (optional)
- $\frac{1}{2}$  teaspoon cumin, ground (optional)

### **Directions:**

1. In a food processor combine the tahini, lemon juice, garlic, water, salt, pepper, and optional spices, if desired. Pulse to combine.
2. Add the chickpeas and process until smooth. You may need to add more water if the consistency is too thick. Add enough cold water to achieve a spreadable consistency.
3. When you're ready to serve, spoon the hummus onto a shallow plate. Smooth it with a spoon or spatula.

Serves 8

*Nutrition: 245 calories, 15 g fat, 2 g saturated fat, 20 g carbohydrate, 4 g fiber, 8 g protein, 265 mg sodium*

*Source: Harvard School of Public Health*

*healthy*  
**IU**  
healthy.iu.edu  
healthyu@indiana.edu