

# Yummy Hummus

**Pairing:** veggies and breads

5-8  
min.

Preparation  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	65.2	32.6
Fat (g)	3.6	1.8
Saturated (g)	0.5	0.2
Monounsaturated (g)	2.2	1.1
Polyunsaturated (g)	0.7	0.3
omega-3 (g)	0.0	0.0
omega-6 (g)	0.6	0.3
Carbohydrates (g)	6.3	3.1
fiber (g)	1.5	0.7
sugars (g)	1.1	0.6
Protein (g)	1.9	1.0

*Hummus is a middle-eastern spread typically made of ground chickpeas, tahini, lemon juice and garlic. It's nutrient-rich, high in fiber, and makes for an awesome spread, dressing or sauce. In this recipe, we've added our own unique twist to the classic hummus by using sesame seeds and orange juice instead of tahini and lemon juice.*

## Instructions

Combine all the ingredients in a blender or mini food processor and purée until smooth. **Serves 10 large or 20 small.**

<b>Chickpeas (drained and rinsed)</b>	<b>1 cup</b>
<b>Fresh garlic</b>	<b>2 cloves</b>
<b>Sesame seeds</b>	<b>1 tbsp</b>
<b>Orange juice (fresh squeezed)</b>	<b>2 tbsp</b>
<b>Salt</b>	<b>¼ tsp</b>
<b>Pepper</b>	<b>⅛ tsp</b>
<b>Cumin</b>	<b>⅛ tsp</b>
<b>Extra virgin olive oil</b>	<b>2 tbsp</b>
<b>Fresh parsley (chopped)</b>	<b>1 tbsp</b>

## Variations and Options

Hummus makes a great dip for raw vegetables or a spread in wraps. **To add some extra flavor while reducing the strong garlic taste, substitute the fresh garlic with ½ cup roasted garlic (recipe on pg.194).** To make a curry hummus, add 1 teaspoon of curry powder. **For a great side dish, sauté 2 tablespoons of hummus with ½ cup of green beans.**