



Hummus Recipe

Hummus/حُمص/ houmos is a Middle Eastern dip made from cooked, mashed chickpeas blended with tahini, olive oil, lemon juice, salt and spices. It is consumed for breakfast in many Arab countries. This spread is proof that some of the best tasting things in life are the simplest to make. It is enjoyed around the world for its taste and nutritional value.



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Basic Ingredients (4 servings/ 4 cups)

2 cups boiled or canned chickpeas, drained
1/2 cup tahini (sesame paste)
4-5 tablespoons water from boiling the chickpeas
1/2 teaspoon salt
1/4 teaspoon sweet paprika
1/16 teaspoon hot paprika
1/2 cup fresh lemon juice
3-4 tablespoons olive oil

Variation Ingredients

Garlic
Lime zest & juice

Directions

Place all ingredients in a blender and process until the hummus is coarsely pureed. Taste if extra seasoning is needed, according to preference. Spread on a plate and decorate with whole chickpeas, parsley, paprika and olive oil. Serve chilled or at room temperature with pitta bread and chopped vegetables.

Nutritional values per serving

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Energy:	441 kcal
Total fat:	32 gr
Cholesterol:	0 mg
Sodium:	416 mg
Total carbs:	31.5 gr,
Dietary fiber:	6 gr
Protein:	13.5 gr

Tips

- Chickpeas can be kept for 5 days, covered and refrigerated.
- For smoother hummus, remove the skin from the chickpeas.