



## QUICK AND EASY HUMMUS

This dip is perfect to enjoy as a snack with vegetables or whole grain crackers. Use it as a sandwich spread instead of mayonnaise or mustard for an extra hit of protein and fibre.

Prep Time **5 min**

Cook Time **0 min**

Makes **500 mL (2 cups)**

- 1 can (540 mL/19 oz) reduced sodium chickpeas, drained and rinsed
- 60 mL (1/4 cup) tahini (sesame seed paste)
- 5 mL (1 tsp) ground cumin
- 60 mL (1/4 cup) sodium reduced vegetable broth
- 2 mL (1/2 tsp) grated lemon rind
- 15 mL (1 tbsp) lemon juice
- 30 mL (2 tbsp) water (or more as desired)
- 1 clove garlic, minced

**1.** In a food processor bowl, combine chickpeas, tahini and cumin. Pulse until coarse. Add broth, lemon rind, lemon juice and water, adding more as necessary to make a smooth textured hummus. Whirl until very smooth. Stir in garlic.

NUTRIENTS PER 60 mL (1/4 cup) SERVING		% DV
Calories	108	-
Fat	5 g	8 %
Saturated + Trans	1 g	3 %
	0 g	-
Cholesterol	0 mg	-
Sodium	132 mg	6 %
Carbohydrate	13 g	4 %
Fibre	2 g	9 %
Sugars	1 g	-
Protein	4 g	-
Vitamin A	-	1 %
Vitamin C	-	4 %
Calcium	-	3 %
Iron	-	10 %

## TIPS

Take hummus to the next level with these fantastic variations:

- **Navy Bean Hummus:** Omit chickpeas and tahini. Replace with 1 can (540 mL/19 oz) reduced sodium navy beans, drained and rinsed. Stir in 30 mL (2 tbsp) chopped fresh basil with the garlic.
- **Roasted Red Pepper Hummus:** Omit tahini and use 250 mL (1 cup) chopped roasted red peppers instead.
- **Herbed Hummus:** Stir in 60 mL (1/4 cup) of your favourite chopped herbs, such as basil, parsley, cilantro or mint.
- **Sundried Tomato Hummus:** Add 125 mL (1/2 cup) soaked sundried tomatoes, and use the reserved soaking liquid instead of the vegetable broth.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.