



Hummus (No Tahini)

SERVING: 1 / 2 CUP
YIELD: 2

PREP TIME: 10 MIN
TOTAL TIME: 10 MIN

Ingredients

- 1/2 can (15 ounces) Chickpeas, drained and rinsed
- 3 tbsp Nonfat Plain Greek Yogurt
- 2 tsp Extra Virgin Olive Oil
- 2 tsp Lemon Juice
- 1/2 tsp Minced Garlic or 2 clove garlic
- 1/2 tsp Ground Cumin
- 1/4 tsp Black Pepper
- 1/4 tsp Salt

Materials

1. Blender or food processor
2. Measuring cups and spoons
3. Fork
4. Flexible spatula or wooden spoon

Toppings

1 tbsp Fresh Parsley,
minced
1/4 tsp Smoked Paprika

Directions

1. Place all ingredients in a blender or food processor.
2. Blend to desired consistency (more time for smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons of water

Notes

1. Instead of using a blender, use a fork to mash beans to desired texture before adding other ingredients.
2. Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce.
3. Serve with fresh vegetables or baked tortilla chips or on a hummus wrap filled with veggies.

Nutrition Facts			
2 servings per container			
Serving size		1/2 cup (0.0g)	
	Per Serving	Per Container	
Calories	130	270	
	% Daily Value*	% Daily Value*	
Total Fat	5g	6%	10g 13%
Saturated Fat	0.5g	3%	1.5g 8%
Trans Fat	0g		0g
Cholesterol	0mg	0%	<5mg 1%
Sodium	260mg	11%	530mg 23%
Total Carb.	16g	6%	33g 12%
Dietary Fiber	4g	14%	8g 29%
Total Sugars	4g		7g
Incl. Added Sugars	0g	0%	0g 0%
Protein	7g		13g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	50mg	4%	100mg 8%
Iron	0.7mg	4%	1.3mg 8%
Potassium	100mg	2%	200mg 4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.			

*Cost information includes lower cost ingredients found at local grocery store 2/08/23.

Cost Per Recipe	Cost Per Serving
\$0.74	\$0.37

How About Hummus?

What is hummus?

Hummus is a spread made from cooked chickpeas (also known as garbanzo beans), a sesame seed paste called tahini, olive oil, lemon, and garlic. Hummus is originally from the Middle East, but has become popular around the globe.



What makes hummus a heart healthy choice?

Hummus contains many heart healthy ingredients including fiber, unsaturated fat, protein, vitamins and minerals. **Fiber** has been shown to help control blood sugars, decrease LDL or “bad” cholesterol, help keep you satisfied after meals and keep you regular. **Healthy fats** or primarily unsaturated fats from olive oil and tahini can also decrease cholesterol, triglycerides and increase satiety at meals. Hummus is also a great source of plant-based **protein** (5 grams per serving) that will give you energy to power you through your day.

How can I make hummus at home?

Basic Hummus Recipe

- 1 15.5oz can chickpeas, rinsed and drained
- ¼ cup lemon juice
- ⅓ cup tahini
- 1 ½ Tablespoon olive oil
- Lemon zest from one lemon
- 1 clove garlic, chopped

1. In a food processor or blender, combine all ingredients; pulse until smooth and creamy.
2. Add any optional spices and herbs for flavor and nutrition boost.
3. Serve with vegetables to dip, or whole-wheat pita chips!

Spice it up! Try adding the following:



Spices such as cumin, smoked paprika, coriander



Herbs, such as cilantro, basil, parsley, chives, or dill



Roasted vegetables such as red peppers, butternut squash, beets, or sweet potato

Nutrition Facts per serving (1/4 cup): 140 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 15mg sodium, 13g carbohydrate, 3g dietary fiber, 5g protein

While store-bought hummus can be a convenient choice, hummus is also simple and fast to make at home!

Homemade	Store-bought
- Cost efficient at ~ \$2.70 per container	- ~ \$4.00 per container
- You control the ingredients that go in and adjust based on personal taste	- May contain extra salt, additives or preservatives
- You can change ingredients to taste preferences, food allergies	- You can purchase in various sizes and flavors

Buying pre-made hummus? Here's what to look for:

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 5g	10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: chickpeas, tahini, olive oil, lemon juice, garlic

1. Always check serving size

2. Choose products with low or no saturated fat and no trans fat

3. Look for <140mg sodium per serving to limit salt

4. Choose products without hydrogenated oils and minimal additives

Creative Ways to Eat More Hummus

- Add to sandwiches instead of mayonnaise or mustard for an added protein boost and flavor kick!
- Eat plain with raw or roasted vegetables on the side for an afternoon snack
- Use as a condiment for chicken or fish instead of heavy sauces
- Even use as a pasta sauce by thinning out with some water

