

HUMMUS

This works well as a snack, but you can also add vegetables with a whole wheat wrap and serve it for lunch. If you add leftover cooked vegetables, you will increase nutrient density and change the flavor of the hummus. Carrots, beets, or winter squash are fun vegetables to add. For best flavor, roast or steam veggies.

SERVES 50 ADULTS

INGREDIENTS

1 #10 can low-sodium chickpeas, drained and rinsed
4 cups cooked beets, butternut squash, or carrots (optional)
Juice of 5 or 6 lemons or ½ cup bottled real lemon juice
2 tablespoon cumin
¼ cup garlic, minced
2-3 tablespoons salt
1 cup oil
1 cup water, as needed

DIRECTIONS

1. Drain and rinse chickpeas. You may need to make in two batches in a food processor. Put half the drained chickpeas and juiced lemons into the food processor.
2. Add all other ingredients and pulse until totally pureed. Add other half of chickpeas with some of the 1st batch and puree.
3. Combine both batches and mix well. Add leftover vegetables if using. Process until smooth. Mix both batches together and combine well. Refrigerate.
4. Serve with whole wheat pita bread cut into small triangles and/or raw celery, cucumber, or carrot sticks.
5. You can also put 2 to 3 tablespoons in a whole wheat tortilla with lettuce and tomato and/or shredded carrots for a great snack for kids and adults!