



Hummus

Two low point takes on an internationally beloved dip

Traditionally, Hummus is made with garbanzo beans, garlic, lemon juice, tahini (crushed sesame seed paste), and lots and lots and loooooooots of extra virgin olive oil. It's usually so high in points and calories that the popular skinny cooking sites, and even the manufacturers, have their serving sizes at a mere 2 tablespoons. Anyone who has ever had hummus knows... 2 Tablespoons is NOT a realistic serving size. I also decided to do an even lower point, GREEN PLAN friendly version, because Garbanzo beans have points on Green, which bumped up the points of the first serving. I am absolutely determined to keep the first serving at 1 point, so I had to hack my own recipe. I removed the 2 Tbsp of tahini, which is just ground up sesame seed paste, and replaced it with some extra sesame oil and a few teaspoons of powdered peanut butter. Boom.

LOW POINT HUMMUS

YIELDS: 4 cups
Servings: 16
Serving Size: 1/4 cup



- points last checked 11/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 4-5 fresh garlic cloves (to taste)
- 1/3 cup reserved garbanzo bean juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/3 cup fat free yogurt (or greek)
- 1 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2 tsp ground cumin
- 3/4 tsp salt
- 1/4 tsp sesame oil (**OPTIONAL, though RECOMMENDED!!**)

Directions:

- 1 Drain the garbanzo beans, reserve the liquid, and rinse off the beans.
- 2 Add the garbanzo beans, tahini, lemon juice, garlic, garbanzo bean juice, water, yogurt, oils, cumin, and salt to a large blender or food processor and process until pureed and smooth.
- 3 If the mixture is too thick, add more water into the food processor, 1 Tablespoon at a time, until it takes on a very smooth, creamy and easily spreadable consistency.
- 4 Garnish with a dusting of paprika and minced parsley. Spray the top of the hummus with a quick touch of olive oil cooking spray.

GREEN PROGRAM HUMMUS

YIELDS: 4 cups
Servings: 16
Serving Size: 1/4 cup



- points last checked 11/10/21 -
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Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 1/4 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2-1/2 tsp sesame oil (strong sesame flavor, replaces the tahini)
- 1/2 cup plain fat free Greek yogurt
- 4 Tbsp reserved chickpea juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/4 cup lemon juice
- 2 tsp ground cumin
- 1 tsp salt
- 4-5 medium cloves garlic
- 2 tsp powdered peanut butter

Directions:

- 1 Add ALL of the ingredients into a food processor and puree on high for 1-2 minutes, or until mixture is completely smooth and creamy. Add a little bit more almond milk, if necessary.

NOTES:

- In this recipe, we're lowering the points, by removing the tahini and replacing it with more sesame oil. Tahini is ground up sesame seed paste, imagine it kind of like thinner peanut butter, made out of sesame seeds rather than peanuts. 2 Tbsp of tahini is a good deal of points. Here, we're taking all of those points away and instead, using more potent and much lower in point, sesame oil. To get additional nutty flavor, we're also adding a 0 point amount of powdered peanut butter. That's usin' your noodle.