



Hummus

My healthier version of 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 looooooots 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 add a couple of suggestions for how you can easily modify the standard recipe, to make a few popular variations.

LOW POINT HUMMUS

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



- 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 (adds a nice pop of nuttiness, making up for the lack of additional Tahini)

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.

FLAVORED HUMMUS

You can make a wide range of flavored Hummus, by simply adding a few extra ingredients into the food processor. Here's a small list of ideas.

Roasted Red Pepper Hummus: *(add the following)*

- 1 or 2 roasted red peppers (peel off the skin)
- 2 tsp regular or smoked paprika

Southwest Hummus: *(add the following)*

- 2 canned chipotle peppers in adobo sauce
- 1/2 tsp chili powder
- (optional) replace the lemon juice with lime juice

Sun Dried Tomato & Basil Hummus: *(add the following)*

- 1/2 cup (or more) sundried tomatoes, rinse off the oil.
- 1/4 cup chopped fresh basil

Black Bean Hummus: *(add the following)*

- Use the liquid from the garbanzo bean can, like normal, but...
- Instead of using actual garbanzo beans, use rinsed black beans.
- Yes... open a can of garbanzo beans, save the juice and set the garbanzo beans aside for something else. No whining, just do it!

Pumpkin Hummus: *(add the following)*

- Replace one of the 15oz cans of garbanzo beans, with a 15oz can of pumpkin puree.

Pesto Hummus: *(add the following)*

- 1/2 cup fresh basil
- 1 cup fresh chopped spinach
- 1 Tbsp kraft reduced fat parmesan topping