# **Hummus**

### **Ingredients**

Chickpeas, canned, drained, rinsed	4 - 19 oz cans	4 - 540 mL cans
Yogurt, plain, 2 % M.F.	4 cups	1 L
Lemon juice, no sugar added	½ cup	125 mL
Cumin	4 tsp	20 mL
Olive oil	½ cup	125 mL

#### **Directions**

- 1. Blend chickpeas, yogurt, lemon juice, olive oil, and cumin in a blender or food processor until smooth.
- 2. Portion ½ cup (60 mL) onto 50 serving plates.
- 3. Keep leftovers in the refrigerator.

Makes 50 ½ cup (60 mL) servings.





Nutritic Per ¼ cup			
Amount		% Daily	y Value
Calories 8	0		
Fat 3 g			<b>5</b> %
Saturated ( + Trans 0	_		3 %
Cholester	<b>ol</b> 0 m	g	
Sodium 14	0 mg		8 %
Carbohydi	rate 1	1 g	4 %
Fibre 2 g			16 %
Sugars 1 g			
Protein 3 g			
Vitamin A	1 %	Vitamin C	4 %
Calcium	5 %	Iron	5 %

Nutrient Claim	Amount per Serving
Source of fibre	2 g
Source of iron	0.73 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1/4

## **Alberta Nutrition Guidelines Category**

Choose Most Often (Mixed Dish)



### **Recipe Tips**

- Serve with whole wheat pita bread and cut up vegetables for a great balanced snack.
- Instead of spreading mayonnaise or mustard on sandwiches, try using hummus for that extra zest.
- Leftover chickpeas? Sprinkle them on salads or toss them into soups and stews for some extra fibre and protein.
- Spice it up! Try adding hot sauce, paprika, chopped garlic, cilantro or basil to your hummus.

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