



Hummus

Makes 4 cups (2-3 tbsp. per Child Sized Portion)

Preparation time: 20 minutes

Cooking time: 0 minutes

Common allergens: sesame seeds

Equipment List

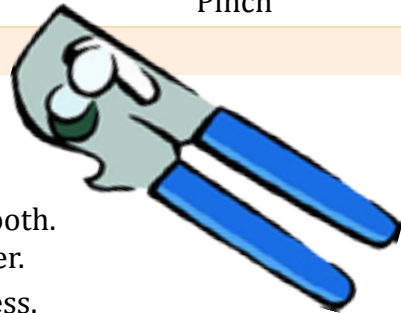
- Can opener
- Sharp knife
- Strainer
- Cutting board
- Food processor (or blender)
- Juicer or reamer
- Measuring spoons
- Small bowl
- Bowls, to serve hummus

Nutrition Information

Calories	181 calories
Total Fat	7.4 g
Saturated Fat	1.1 g
Sodium	249 mg
Carbohydrate	21.5 g
Fibre	4.5 g
Protein	8 g
Sugar	2.7 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Chickpeas	2 x 28 oz. cans	2 x 796 mL
Water to thin pureed chickpeas	2-4 tbsp.	30-60 mL
Garlic	2 cloves	2 cloves
Lemons	3 whole	3 whole
Tahini paste (optional)	3 tbsp.	45 mL
Cumin	2 tsp.	10 mL
Olive oil	¼ cup	60 mL
Salt and pepper to taste	Pinch	Pinch
Paprika (optional to garnish)		



Nutrition Information

1. Open chickpeas, rinse and drain well.
 2. Using a food processor (or a blender), puree until smooth. If the mixture is too thick add water and blend together.
 3. Peel the garlic clove(s) and cut in half or use garlic press. Add to the food processor mix.
 4. Add lemon juice, tahini paste, cumin, olive oil, salt and pepper. Puree until smooth and well blended.
 5. Carefully remove the hummus from the food processor and scoop into individual bowls/dishes. Be very careful of the food processor blade.
 6. Garnish with a sprinkle of paprika if you like.
- * **Tahini paste is made from ground sesame seeds and can be found in the specialty section of grocery stores.**

Recipe taken from Project Chef