

RECIPE 21: KNOW WHAT'S ON THE TABLE



Of course you can purchase hummus and other premade items at the grocery store for convenience. But like almost everything---food is better when you make it yourself. Here's why:

- You can control the ingredients - less salt or less sugar
- You can season to your liking - spicy or not spicy
- You know exactly what is in it - fewer preservatives
- It is more cost-effective to make from scratch
- There is pleasure in creating something good for yourself and your family
- Mixing ingredients and presenting to others in the household can be fun for all ages
- Preparing food together and sharing family meals elicits long lasting, positive benefits



CHICKPEA HUMMUS



INGREDIENTS

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5 Servings, 1/3 cup each

- 1 (15-16 oz) can chickpeas or garbanzo beans, drained
- Juice and zest of 1 lemon or 3-4 Tbsp juice
- 1/4 cup tahini
- 1/2 teaspoons minced garlic, or 1/2 large garlic clove
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/2 teaspoon ground cumin
- 2-3 tablespoon cold water

INSTRUCTIONS

1. Drain chickpeas
2. Zest lemon, then cut in half, and remove any visible seeds. Squeeze to get 3-4 tablespoons of juice.
3. Combine chickpeas, lemon juice and zest, garlic, tahini, salt, cumin, olive oil, and cold water in a food processor or blender. Blend until smooth, 1-3 minutes.
4. Transfer from food processor to shallow bowl for serving and dipping.



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