



Home-Style Hummus

Prep: 15 minutes Cook: 0 minutes Total: 15 minutes

Yield: 8 servings Serving Size: ¼ cup

Ingredients

- 1 (15 ounce) can no-salt-added chickpeas (garbanzo beans)
- 2 garlic cloves, peeled and smashed
- 2 tablespoons lemon juice (about ½ lemon), plus more to taste if desired
- 2 tablespoons tahini (sesame seed paste)
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- Pinch sweet or smoked paprika

Directions

1. Drain the chickpeas. Reserve the canning liquid and set aside.
2. Put the chickpeas in a food processor or blender.
3. Add the garlic, lemon juice, tahini, oil, black pepper, salt, and half of the reserved chickpea canning liquid (about ½ cup).
4. Puree the until very smooth, about 2 to 3 minutes, adding additional canning liquid as necessary to produce a thick dip.
5. Add additional lemon juice to taste, if desired.
6. Transfer to a serving dish (or a storage container if you're not eating it right away). Garnish with paprika.
7. Serve right away, or store in an air-tight container in the refrigerator for up to 7 days. Can be frozen if desired.

Recipe Notes

- Try substituting unsweetened peanut butter for the tahini, if desired.
- For additional flavor, consider adding 2 to 3 tablespoons of diced olives, roasted red peppers, or caramelized onions in step 3 or as a garnish.
- For a smoother dip, toss the chickpeas with the oil and microwave before blending, about 1 to 2 minutes.

Nutrition Facts Per Serving: Calories: 90 Total Fat: 3.5g Saturated Fat: 0.5g Sodium: 80mg Total Carbohydrate: 11g Dietary Fiber: 3g Protein: 4g

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