Hummus

This classic dip made from garbanzo beans is easy to make and a versatile dish.

Makes: 8 servings



Ingredients

- 1 can garbanzo beans, drained and rinsed
- ¼ cup lemon juice
- 2 cloves garlic, minced
- 1 tablespoon sesame tahini [sesame paste]
- 2 tablespoons olive oil

Directions

1. Place garbanzo beans and lemon juice in blender to combine.
2. Add the garlic, tahini, and oil. Blend well.
3. If the mixture is too thick, add additional oil or a small amount of water until you achieve the desired consistency.

Notes

- Serve hummus with sliced vegetables or whole grain crackers and pita bread.
- Use as a delicious spread or sandwich filling.

Recipe from: *Simple Healthy Recipes*, Oklahoma Nutrition Information and Education, ONIE Project, adapted by the USDA Food and Nutrition Administration.

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