Recipe of the Month: August 2009

CJ’s Delicious Hummus
Submitted by Carrie Burgan, Wellness Program Administrator

This Middle Eastern dip is delicious with veggies, on sandwiches as a replacement for mayo or sauce, with crackers, or with meats!

Serves 10

Ingredients:
- 10 ounces chickpeas, slightly drained
- 8-12 tablespoons tahini (pureed sesame)
- 2 large garlic cloves
- 1 tablespoons olive oil
- 10 tablespoons fresh lemon juice (or to taste)
- ¼ teaspoon paprika
- ½ teaspoon dried parsley
- ⅛ teaspoon salt

Preparation:
1. Using a blender, blend the chickpeas, tahini, garlic, olive oil, lemon juice and salt. (For more or less tartness, adjust the lemon juice and salt.)
2. Serve in a large flat bowl, sprinkled with parsley and paprika.

Voila! Hummus!

Approximate nutritional information per serving:
- Calories: 120
- Calories from fat: 65
- Total fat: 7.5g
- Cholesterol: 0mg
- Total Carbs: 11g
- Protein: 3.5g