HUMMUS
ACF Columbus Chapter

**Ingredients:**

- 1 can cooked chickpeas (also called garbanzo beans)
- 3 cloves chopped garlic
- ½ teaspoon salt
- Juice from 2 medium lemons
- ¾ cup tahini
- ¼ cup (packed) finely minced fresh parsley
- Black pepper to taste

**Directions:**

1. Drain liquid from chickpeas, but save liquid.
2. Mash chickpeas to a thick paste in a blender or with a masher.
3. Add rest of ingredients. Mix, adding reserved chickpea liquid if needed.
4. Chill thoroughly. Serve as a dip with raw vegetable sticks or pita bread.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 13g</td>
<td>20%</td>
<td>Total Carb 7g</td>
<td>4%</td>
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<tr>
<td>Sat. Fat 1.5g</td>
<td>8%</td>
<td>Fiber 3g</td>
<td>12%</td>
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<tr>
<td>Trans Fat 0g</td>
<td></td>
<td>Sugars 2g</td>
<td></td>
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<tr>
<td>Cholest. 0mg</td>
<td>0%</td>
<td>Protein 6g</td>
<td>9%</td>
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<tr>
<td>Sodium 270mg</td>
<td>24%</td>
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</tbody>
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.