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Healthy Hummus

Here is a quick recipe using chickpeas to make healthy hummus at home.

INGREDIENTS:

2 (15.5-ounce) cans no-salt-added chickpeas (garbanzo beans), rinsed and drained

2 garlic cloves, crushed

½ cup water

¼ cup tahini (sesame seed paste)

3 tablespoons (tbs) fresh lemon juice

2 tbs extra-virgin olive oil

¾ teaspoon (tsp) salt

¼ tsp black pepper

DIRECTIONS: Place beans and garlic in a food processor; pulse five times or until chopped. Add ½ cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.

Per Serving (2 tbs): 44 calories; 51% of calories from fat; 2.5 grams (g) fat; 0.3 g saturated fat; 1.2 g monounsaturated fat; 0.7 g polyunsaturated fat; 1.5 g protein; 4.4 g carbohydrate; 0.9 g fiber; 0 milligrams (mg) cholesterol; 0.3 mg iron; 74 mg sodium; 12 mg calcium.

Source: Recipe courtesy of Cooking Light magazine.