

Let's Eat Hummus!

What is it?

Hummus is a dip traditionally made of cooked chickpeas, or garbanzo beans, which are mashed and combined with olive oil, lemon juice, tahini, garlic and salt. There are many variations on this traditional recipe; various spices and herbs can be added for flavor.

Nutrition

- ✓ Low in saturated fat and cholesterol
- ✓ Good source of fiber, B6 and folate
- ✓ Very good source of manganese

In 2010, the largest dish of hummus was created in Lebanon. It weighed approximately 23,000 pounds!



How do you eat Hummus?

- Dip pita chips and raw vegetables in hummus for a healthy snack.
- Use hummus in place of mayonnaise on sandwiches or in chicken salad.
- Thin hummus with some oil, water and spice to taste; use as a pasta salad dressing.
- Top chicken with hummus and bake for a healthy "breading."
- Mix with mashed potatoes for a flavor and nutrient boost.
- Use hummus as a spread for burgers, quesadillas and grilled sandwiches.
- Use in deviled eggs, instead of mayonnaise.