

## **Holiday Hummus**

Makes 2½ cups

Serving Size: 3 pita slices and 2 tablespoons hummus

Serves: 20-24

### **Ingredients**

3 cloves garlic  
1 – 15 ounce can low sodium garbanzo beans, drained  
½ cup extra virgin olive oil  
3 tablespoons tahini  
1 lemon, juiced  
Pinch of salt and black pepper  
Pinch of paprika  
¼ cup fresh parsley, diced  
1 Roma tomato, thinly sliced  
3 – 6 inch whole wheat pita breads, cut into 8 pieces each

### **Directions**

Combine the garlic and garbanzo beans in a food processor or blender and blend into a paste. Pour in the olive oil, tahini, lemon juice, salt and pepper. Blend until smooth and creamy. Place the hummus in a serving bowl and sprinkle the top with paprika. Garnish with fresh parsley and sliced tomatoes. Serve with whole wheat pita bread.

### **Exchanges per serving:**

2 Vegetables, 1 Fat

### **Nutrients per serving:**

Calories: 97  
Calories from fat: 63  
Total Fat: 7g  
Cholesterol: 0mg  
Sodium: 90mg  
Total Carbohydrate: 9g  
Dietary Fiber: 2g  
Protein: 2g