

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