



Traditional Hummus

This Middle Eastern dip is traditionally made with chickpeas, tahini, lemon juice, and olive oil; it lends itself to several variations. Prepare and refrigerate it a day ahead; let it stand at room temperature for 30 minutes before serving. Garnish with a lemon wedge and fresh parsley sprig, and serve with Spicy Baked Pita Chips.

This recipe goes with [Feta-Baked Hummus](#), [White Bean and Roasted Garlic Hummus](#), [Spicy Red Pepper Hummus](#)

Photo by: Photo: Becky Luigart-Stayner; Styling: Cindy Barr, Jan Gautro, Leigh Ann Ross

Cooking Light NOVEMBER 2008

Yield: 3 1/4 cups (serving size: 2 tablespoons)

Ingredients

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| 2 (15.5-ounce) cans no-salt-added chickpeas (garbanzo beans), rinsed and drained | 3 tablespoons fresh lemon juice |
| 2 garlic cloves, crushed | 2 tablespoons extra-virgin olive oil |
| 1/2 cup water | 3/4 teaspoon salt |
| 1/4 cup tahini (sesame seed paste) | 1/4 teaspoon black pepper |

Preparation

1. Place beans and garlic in a food processor; pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.

Feta-Baked Hummus: Combine Traditional Hummus, 1/2 cup (2 ounces) crumbled reduced-fat feta cheese, 1/4 cup chopped fresh parsley, and 1/2 teaspoon ground cumin. Transfer mixture to an 8-inch square baking dish coated with cooking spray. Sprinkle with 1/2 cup (2 ounces) crumbled reduced-fat feta cheese. Bake at 400° for 25 minutes or until lightly browned. Garnish with parsley sprigs. Yield: 4 cups (serving size: about 2 tablespoons).

CALORIES 44 (51% from fat); FAT 2.5g (sat 0.6g, mono 1g, poly 0.6g); PROTEIN 2g; CARB 3.8g; FIBER 0.8g; CHOL 1mg; IRON 0.3mg; SODIUM 109mg; CALC 21mg.

White Bean and Roasted Garlic Hummus: Since this variation calls for roasted garlic, you can just omit the raw crushed garlic cloves from the Traditional Hummus. Remove white papery skin from 2 whole garlic heads (do not peel or separate the cloves). Wrap each head separately in foil. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins. Place garlic pulp, Traditional Hummus, and 1 (15-ounce) can rinsed and drained cannellini beans (or other white beans) in a food processor; pulse 5 times or until chopped. Add 1/4 cup water; process until smooth, scraping down sides as needed. Stir in 3/4 teaspoon chopped fresh rosemary. Yield: 5 cups (serving size: about 2 1/2 tablespoons).

CALORIES 45 (40% from fat); FAT 2g (sat 0.3g, mono 1g, poly 0.6g); PROTEIN 1.8g; CARB 5.3g; FIBER 1.2g; CHOL 0mg; IRON 0.4mg; SODIUM 81mg; CALC 16mg.

Spicy Red Pepper Hummus: Cut 2 red bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut into strips. Combine bell peppers, 2 teaspoons chile paste with garlic (such as sambal oelek), 1/2 teaspoon paprika, and 1/8 teaspoon ground red pepper in a food processor; pulse until smooth. Transfer pepper mixture to a serving bowl; stir in Traditional Hummus. Yield: 4 cups (serving size: about 2 tablespoons).

CALORIES 39 (46% from fat); FAT 2g (sat 0.3g, mono 1g, poly 0.6g); PROTEIN 1.4g; CARB 4.3g; FIBER 1g; CHOL 0mg; IRON 0.3mg; SODIUM 74mg; CALC 11mg.

Nutritional Information

Amount per serving

Calories: 44 Calories from fat: 51% Fat: 2.5g Saturated fat: 0.3g Monounsaturated fat: 1.2g Polyunsaturated fat: 0.7g
Protein: 1.5g Carbohydrate: 4.4g Fiber: 0.9g Cholesterol: 0.0mg Iron: 0.3mg Sodium: 74mg Calcium: 12mg

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