

Green Goddess Hummus

Try this delicious new version of a classic Mediterranean dip. Serve it as a healthy appetizer or snack, or use it on sandwiches and wraps in place of mayonnaise.

Serves 10



Ingredients

- 1 15-ounce can chickpeas, drained and rinsed
- 4 tablespoons water
- 3 tablespoons lemon juice
- 3 tablespoons tahini
- 1 tablespoon extra-virgin olive oil
- ¾ teaspoon salt
- 1 small garlic clove, outside peel removed
- ½ cup fresh parsley, chopped
- 1 tablespoon fresh tarragon, chopped
- 3 tablespoons fresh basil, chopped
- 3 tablespoons fresh chives, chopped

Nutrition Facts

Serving Size About 3 Tablespoons
Servings Per Recipe 10

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 2g

Vitamin A 6% • Vitamin C 10%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Add chickpeas, water, lemon juice, tahini, olive oil, salt, garlic, and herbs together in a food processor. Blend until very smooth, 1 to 1 ½ minutes, stopping to scrape down the sides of the bowl with a rubber spatula as needed.
2. Transfer the hummus to a serving bowl.
3. Enjoy immediately or refrigerate until ready to serve. Try serving this dip with sliced vegetables, tortilla chips or whole wheat pita bread.

