

Appetizers

Easy Hummus Dip

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Relish Magazine - May 2012

1 can (15 oz) chickpeas, rinsed and drained

1/4 cup tahini

2 tablespoons freshly squeezed lemon juice

1 clove garlic, minced

1/2 teaspoon salt

pinch of smoked paprika

1 teaspoon extra-virgin olive oil

Place the chickpeas, tahini, lemon juice, garlic and salt in the bowl of a food processor.

Process until the mixture forms a smooth paste.

Spoon the hummus into a deep dish.

Sprinkle paprika on top and drizzle with olive oil.

Yield: 2 cups

Per Serving (excluding unknown items): 1129 Calories; 49g Fat (37.4% calories from fat); 49g Protein; 135g Carbohydrate; 40g Dietary Fiber; 0mg Cholesterol; 1183mg Sodium. Exchanges: 9 Grain(Starch); 3 Lean Meat; 0 Vegetable; 8 Fat.