



### **Savory Hummus**

- 1 (15-oz.) can chickpeas drained and rinsed
- 4 Tbsp. tahini
- ¼ c. lemon juice
- 3 cloves crushed garlic
- 1 tsp. salt (or to taste)
- 1/8 tsp. cumin (optional)

Puree chickpeas in blender or food processor. Add remaining ingredients and blend until smooth. The final product should be thick and smooth. Serve with carrot sticks and other vegetables, pita chips or whole-grain crackers. Or use as a spread on sandwiches.

Makes 12 servings. Each serving has 70 calories, 3 g fat, 3 protein, 8 g carbohydrate, 2 g fiber and 200 mg sodium.

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