

Fresh Cilantro Herbed Hummus

INGREDIENTS:

3 (15-oz.) cans chickpeas, rinsed
1 Tbsp. tahini
4-5 raw garlic cloves
1 bunch fresh cilantro, rinsed and destemmed
½ tsp. salt (or to taste)
¼ c. water, more as needed to desired consistency

DIRECTIONS:

Add all ingredients to a food processor and blend until smooth and creamy. Occasionally stop the food processor to scrape the hummus off the sides. Additional water may need to be added if the hummus is too thick. Variation: Substitute 10 fresh basil leaves for the cilantro. Serve with vegetables or whole-grain crackers, or use as a sandwich spread.

NUTRITION:

Makes 20 servings. Each ½-cup serving has 90 calories, 2 g fat, 4 g protein, 14 g carbohydrate, 4 g fiber and 190 mg sodium.