



SPICED-UP HUMMUS

RECIPE MAKES 8 servings
SERVING SIZE = ¼ cup

NUTRITION INFORMATION

Calories: 135

Total Fat: 7 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 269mg

Total Carbohydrate: 14 g

Fiber: 4 g

Sugars: 2 g

Protein: 5 g

Marion County Public Health Department

NUTRITION SERVICES



SPICED-UP HUMMUS

With just a handful of ingredients, you can whip this Moroccan spiced hummus in no time. Enjoy as a dip with fresh veggies, pita bread, or use it as a spread on sandwiches and wraps.

INGREDIENTS

1 (15 oz) can chickpeas, rinsed and drained

1 lemon, juiced

¼ cup tahini paste

1 garlic clove

½ tsp ground cumin

¼ tsp ground coriander

½ tsp smoked paprika

Optional: 1 tsp. spice blend of choice consider: ras el hanout, garam masala, or curry

½ tsp salt

⅛ tsp ground cinnamon

1-2 Tbsp cold water

Optional: drizzle of olive oil

DIRECTIONS

Rinse and drain the chickpeas.

In a food processor or blender, combine chickpeas, lemon juice, tahini, garlic, cumin, coriander, smoked paprika, and salt (and any additional spices you wish to add).

Process until smooth. If needed, add 2-3 tablespoons of cold water slowly while the food processor is going.

Transfer to a bowl, sprinkle with smoked paprika and a drizzle of olive oil.

RECIPE NOTES

Spice it Up! If you want to take this recipe up a notch and make it extra creamy, consider boiling the chickpeas for 20 minutes with ½ tsp baking soda. This process will soften them a bit more and make them easier to blend to a smooth consistency. Additional spices to try include ras el hanout, garam masala, or curry which are fragrant spices blends that includes cumin, ginger, turmeric, cinnamon, coriander, cardamom and more!

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.