Homemade Hummus

I got the idea of making my own hummus from UA employee Michael Sheedy, Research Specialist at the Maricopa Agricultural Center. I modified his recipe which uses tepary beans, to use the more traditional garbanzo beans. Tahini may be a new ingredient to you. It can be found in grocery stores that emphasize natural or Middle Eastern foods. The amounts of oil, lemon juice, salt, garlic and tahini can be varied depending on the taste you prefer. This hummus is an excellent source of protein and dietary fiber, and makes a wonderful lunch when served in a whole wheat pita with a variety of vegetable toppings!

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, MS, RDN
Recipe from: UA Employee Michael Sheedy

Homemade Hummus
Serves: 8
Cook time: 0 minutes
Ready in 15 minutes

Ingredients

- 2 cans garbanzo beans (15oz. cans)
- ½ cup tahini
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 4 cloves garlic, minced
- 1 teaspoon salt
- Optional Toppings: Sliced radishes, cucumbers, green onion, lettuce, tomatoes, parsley, red and green peppers, snow peas, and edamame.

Directions

1. In a blender or food processor, place the beans and garlic with the liquid from one of the cans of beans.
2. Blend, adding more liquid as needed, until frosting-like consistency is achieved.
3. Add the lemon, salt, tahini and olive oil and blend.
4. Remember you can vary the amount of added ingredients to suit your taste.