



Garlic Hummus



Ingredients



- 2 cups cooked chickpeas, rinsed
 - 2 garlic cloves
 - ¼ cup lemon juice
 - ¼ cup olive oil
 - 2 tsp tahini, peanut butter, or almond butter
 - 1 tsp salt
 - 1 tsp pepper
 - 1 tsp ground cumin
- Yield: 16 servings
Serving Size: 2 Tbsp.



Directions



1. Combine all ingredients in a blender.
2. Blend for 3-5 minutes on low until smooth, adding additional olive oil, lemon juice, or water to help blend if necessary.
3. Place in a serving bowl and add 1-2 Tbsp. of olive oil.
4. Serve with veggies, pita bread, or on your favorite sandwich.

Estimated Price:

16 servings = \$2.40

One serving (2 Tbsp) = \$0.30

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Use white beans if chickpeas are not available or if you want a different twist!
- Add roasted red peppers for a new flavor!

Nutrition Facts



Nutrition Facts	
16 servings per container	
Serving size	2 Tbsp
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 164mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

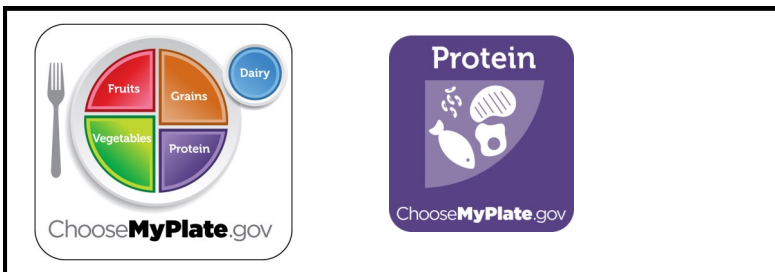
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