

# Hummus with Veggie Dippers

Adapted from: *Gourmet, August 1994*  
Category: Dressing/Spread

Servings: 16  
Prep time: 15 minutes

## Ingredients

2 garlic cloves, minced and mashed to a paste with a pinch of salt  
16-19 oz can chick-peas, rinsed and drained  
1/3 cup well-stirred tahini (sesame seed paste)  
2 Tablespoons fresh lemon juice  
2 Tablespoons olive oil  
1 teaspoon ground cumin  
3 Tablespoons water  
3 Tablespoons minced parsley leaves

## Instructions

In a food processor, blend garlic paste, chick-peas, tahini, lemon juice, oil, and cumin, scraping down side until smooth. Add water, parsley, and pepper to taste until just combined. Hummus may be made 2 days ahead and chilled. Makes about 2 cups.

Serve each portion with 2 broccoli florets, 2 cauliflower florets, 3 baby carrots, and 2 celery strips for dipping.

## Nutritional Facts Per Serving

<i>Serving Size: 2 tablespoons</i>
Sugar:Fiber = 1:1.5
Mono:Sat = 5:1
Calories: 70
Carbohydrates (g): 12
Fat (g): 3
Cholesterol (mg): 0
Protein (g): 3
Sodium (mg): 150

