

Eat Smart • Move More

Hummus

Prep Time: 15 minutes

Total Time: 15 minutes



Ingredients

- 16 ounces canned garbanzo beans, drained (save liquid) and rinsed
- ¼ cup liquid saved from beans
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 1 ½ tablespoons tahini
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 5 cups sugar snap peas, stringed

Directions

- Mix all ingredients, except for peas, in a blender or food processor for 3-5 minutes until smooth.
- Pour into a serving bowl and serve immediately with peas or cover and refrigerate. NOTE: To string peas, break off the stem and gently pull downward, removing the strings that run along the “seam” on each side.

Nutrition Facts

10 servings per container		
Serving size		1 serving
		(119.09g)
Amount per serving		110
		Calories
		<small>% Daily Value*</small>
Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	12g	4%
Dietary Fiber	4g	14%
Total Sugars	5g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	202mg	4%

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

Quick Tips

- Did you know... 2 tablespoons of peanut butter can be used as a substitute for the tahini.
- ¼ teaspoon of garlic powder is about 1-2 crushed garlic cloves.
- Garbanzo beans are also known as chickpeas.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from Simple Healthy Recipes, as listed at: <https://whatscooking.fns.usda.gov/>)

www.eatsmartmovemoreva.org