

# Happy-Hour Hummus

<b>Nutrition Facts:</b>	
Yield	13 servings
Calories	91
Fat	6.1 g
Sodium	151 mg

<b>Code</b>
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## **Ingredients Needed:**

5 tablespoons water  
1/4 cup fresh lemon juice  
1/4 cup tahini (roasted sesame seed paste)  
3 tablespoons olive oil  
1/2 teaspoon salt  
2 (15 -ounce) cans chickpeas (garbanzo beans) rinsed and drained  
1 garlic clove, crushed  
1/2 teaspoon paprika (optional)  
Fresh chopped flat-leaf parsley (optional)  
1 tablespoon pine nuts, toasted (optional)

## **Recipe Directions:**

- Place first 7 ingredients in a food processor; process until smooth, scraping sides as necessary.
- Spoon hummus into a bowl. Sprinkle with paprika, parsley, and pine nuts, if desired.
- Enjoy with assorted vegetables

