

# Make a healthy, filling snack with hummus

Hummus is a dip and spread that originated in the Middle East. But today, it's popular in many parts of the world. It's made with chickpeas, tahini (ground sesame seeds), garlic and spices.

Hummus is vegan, but even meat-eaters can enjoy this spread. Hummus is a good source of plant-based protein. It's also high in fiber, B vitamins, magnesium and iron. And because it's a great source of fiber, hummus helps keep you feeling fuller longer.

If you don't like plain hummus, you can make it many different ways. Some people add garlic, black beans or red peppers. But you can sweeten it up with sweet potato, pumpkin or even dark chocolate!

## *Recipe:* Homemade hummus

Hummus is a healthy, satisfying dip that you can use in place of cheese and cream-based dips. Try it with tortilla strips, whole wheat crackers or on sandwiches.

Many stores carry pre-made hummus. If you want to make your own, here's how:

### INGREDIENTS

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste)
- 2 tablespoons olive oil

### DIRECTIONS

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

Nutrition Facts: 6 servings. Calories 157; Total fat 8 g; Saturated fat 1 g; Sodium 138 mg; Total fiber 5g; Protein 6 g; Carbohydrates 18 g.

Source: U.S. Department of Agriculture Choose My Plate

