



CLASSIC HUMMUS

MATERIALS:

Can opener
Colander
Cutting board
Measuring cups
Measuring spoons
Sharp knife
Small bowl

INGREDIENTS:

1 clove garlic
1 large lemon
1 (15.5oz) can garbanzo beans
1/2 cup warm water
2 tbsps. low-fat plain yogurt
2 tbsps. canola oil
1 tsp salt
1/4 tsp ground black pepper

Optional Ingredients:

1 fresh red pepper, or 3 roasted red peppers from a jar
Pinch of ground cumin, ground cayenne pepper, or red pepper flakes

Serves: 10, 1/4 cup per serving

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DIRECTIONS:

1. Peel and chop garlic.
2. If using fresh red pepper, rinse, remove core and seeds, and mince now.
Or mince jarred roasted peppers.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a colander, drain and rinse beans.
5. Add garlic, lemon juice, beans, and remaining ingredients to blender.
6. If using optional spices, add now. Blend until creamy and well mixed.
7. If using, top hummus with minced red pepper.