

Lemon-Garlic Hummus

It's as easy as 5 ingredients...blend...serve...delight your patrons! Mrs. Dash Lemon Pepper Seasoning, chick peas and roasted garlic are blended together until smooth; creating a luscious, easy to prepare appetizer. Serve with toasted pita bread wedges.



Serving Size: 0.25 - CUP

Portions: 24

Ingredients

Mrs. Dash Lemon Pepper Seasoning
 chick peas, dried, hot soaked, cooked, drained
 tahini paste, prepared
 garlic, cloves, peeled, roasted
 lemon juice, fresh
 grapeola
 water, filtered tap
 (12 pita = 8 wedges/pita) whole wheat pita bread, lightly toasted

Measure

3 Tbsp
 3 cups
 6 Tbsp
 36 each
 2 Tbsp
 1 1/2 cups
 3/4 cup
 96 wedges

Preparation

1. Evenly combine all ingredients (except the pita) in a food processor until smooth (approx. 30 seconds). Reserve cold.
2. For 1 serving: Place 4 pita wedges on a small plate. Top with 1/4 C hummus. Repeat the process for remaining servings.
3. Serve and enjoy!
4. HINTS: Canned chick peas (drain & rinsed in cold water), in the same measurements, could be used in place of the dried chick peas. This will make a creamier hummus, but please note it will increase the sodium.
5. Experiment with Mrs. Dash Original Seasoning and Mrs. Dash Garlic & Herb Seasoning for alternative flavors.
6. Add chopped, roasted vegetables to the hummus for additional appeal.
7. Terra chips could be served in place of the pita bread wedges.
8. A vegetable crudité could be served in place of the pita bread wedges.
9. Garnish the plated dish with fresh shaved, thin carrot curls and a sprig of cilantro or flat leaf Italian parsley.
10. Experiment by adding nuts and/or other flavorings to the hummus.
11. Small diced roasted beets could be folded into the hummus for fun color, appeal and robust flavor.

Nutrition Facts

Serving Size: 0.25 CUP

Servings: 24

Amount Per Serving

Calories 248

Calories from Fat 152

	Per Serving	% Daily Value*
Total Fat	17 g	26%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	7%
Total Carbohydrate	21 g	7%
Dietary Fiber	3 g	12%
Sugars	0 g	
Protein	5 g	

Vitamin A 0 % **Vitamin C** 4 %
Calcium 4 % **Iron** 10 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4