

How About Hummus?



What is hummus?

Hummus is a spread made from cooked chickpeas (also known as garbanzo beans), a sesame seed paste called tahini, olive oil, lemon, and garlic. Hummus is originally from the Middle East, but has become popular around the globe.

What makes hummus a heart healthy choice?

Hummus contains many heart healthy ingredients including fiber, unsaturated fat, protein, vitamins and minerals. **Fiber** has been shown to help control blood sugars, decrease LDL or “bad” cholesterol, help keep you satisfied after meals and keep you regular. **Healthy fats** or primarily unsaturated fats from olive oil and tahini can also decrease cholesterol, triglycerides and increase satiety at meals. Hummus is also a great source of plant-based **protein** (5 grams per serving) that will give you energy to power you through your day.

How can I make hummus at home?

Basic Hummus Recipe

- 1 15.5oz can chickpeas, rinsed and drained
- ¼ cup lemon juice
- ⅓ cup tahini
- 1 ½ Tablespoon olive oil
- Lemon zest from one lemon
- 1 clove garlic, chopped

1. In a food processor or blender, combine all ingredients; pulse until smooth and creamy.
2. Add any optional spices and herbs for flavor and nutrition boost.
3. Serve with vegetables to dip, or whole-wheat pita chips!

Spice it up! Try adding the following:



Spices such as cumin, smoked paprika, coriander



Herbs, such as cilantro, basil, parsley, chives, or dill



Roasted vegetables such as red peppers, butternut squash, beets, or sweet potato

Nutrition Facts per serving (1/4 cup): 140 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 15mg sodium, 13g carbohydrate, 3g dietary fiber, 5g protein

While store-bought hummus can be a convenient choice, hummus is also simple and fast to make at home!

| Homemade | Store-bought |
|---|--|
| - Cost efficient at ~ \$2.70 per container | - ~ \$4.00 per container |
| - You control the ingredients that go in and adjust based on personal taste | - May contain extra salt, additives or preservatives |
| - You can change ingredients to taste preferences, food allergies | - You can purchase in various sizes and flavors |

Buying pre-made hummus? Here's what to look for:

| Nutrition Facts | |
|--|------------|
| Serving Size 1/4 cup | |
| Servings Per Container 5 | |
| Amount Per Serving | |
| Calories 140 | |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 15mg | 1% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 3g | 12% |
| Sugars 0g | |
| Protein 5g | 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

Ingredients: chickpeas, tahini, olive oil, lemon juice, garlic

1. Always check serving size

2. Choose products with low or no saturated fat and no trans fat

3. Look for <140mg sodium per serving to limit salt

4. Choose products without hydrogenated oils and minimal additives

Creative Ways to Eat More Hummus

- Add to sandwiches instead of mayonnaise or mustard for an added protein boost and flavor kick!
- Eat plain with raw or roasted vegetables on the side for an afternoon snack
- Use as a condiment for chicken or fish instead of heavy sauces
- Even use as a pasta sauce by thinning out with some water

