



Fresh Herb Hummus

- 1 (15 ounce) can no-salt-added garbanzo beans, rinsed and drained
- 2 Tablespoons tahini (sesame paste)
- 1/8 cup water
- 1 Tablespoon olive oil
- 3 Tablespoons lemon juice
- 1 cup fresh basil leaves
- 1 cup fresh cilantro leaves
- 1 cup fresh parsley
- 1/2 cup fresh chives
- 2 cloves garlic
- 1 teaspoon salt

In a food processor, combine garbanzo beans, tahini, water, olive oil, lemon juice, basil, cilantro, parsley, chives, garlic and salt. Pulse until smooth. If necessary, add more olive oil to thin the hummus. Serve with sliced fresh vegetables, whole grain crackers or tortilla chips.

Makes 8 (1/4 cup) servings.

Nutrition Facts: 100 Calories, 5 g Fat, 0.5 g Saturated Fat, 0 mg Cholesterol, 420 mg Sodium, 11 g Carbohydrates, 3 g Fiber, 1 g Sugar, 4 g Protein

Adapted from: The Delight Gluten-Free Cookbook

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