



Hummus

Created by Lesley Sykes
02/02/07



DESCRIPTION: A staple of Middle Eastern cuisine, hummus is a dip made from mashed chickpeas (garbanzo beans), and seasoned with lemon juice, garlic and tahini (sesame seed paste). It is believed that its origins trace back to 400 BC, when Plato and Socrates write about the benefits of hummus in their diets.



Today, hummus is one of the most popular food products to emerge from the Mediterranean region and is sold commercially in a variety of flavors, such as roasted garlic, roasted red pepper, and jalapeno.



NUTRITION: Because both chickpeas and sesame seeds are extremely healthful, hummus is hailed as an excellent snack or ingredient. Two tablespoons provide about 60 calories and lots of protein, fiber, iron, healthy fats, folate, and other vitamins and minerals.

SELECTION: Although hummus is a great, healthy food, be sure to check the nutrition labels on commercial products, as they may have added fat, sugar or sodium.



PREPARATION: Hummus can be used as a dip with whole-wheat pita bread, crackers, fresh veggies or as a spread on sandwiches or wraps. Tasty stir-ins to hummus include olives, pine nuts, or diced crispy vegetables like cucumbers or celery.



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