

Easy Peasy Hummus

1 (15oz) can of chickpeas, drain and save liquid from can

1 clove garlic

¼ cup olive oil, plus more for garnish if desired

2 tablespoons lemon juice

1 teaspoon ground cumin

Salt to taste

1 teaspoon Paprika

1. Blend chickpeas, crushed garlic, olive oil, lemon juice, cumin, and salt until well mixed. You can use a food processor for a very smooth paste. If hummus seems too thick, add 1 -2 tablespoons of saved chickpea liquid.
2. When desired consistency is achieved, transfer to serving bowl. Use the back of a spoon to smooth the surface, and create a small indentation in the center of the bowl. Drizzle 1-2 teaspoons of olive oil into indentation, and sprinkle with paprika to garnish.
3. Optional garnishes of ¼ cup chopped olives or roasted pepper may be heaped in the indentation for color and flavor.
4. Serve with raw veggies or pita chips for a snack or with a salad for lunch.

Nutritional info:

Calories 145, • Fat 12g, • Sat fat 2g, • Cholesterol 0mg, • Sodium 335mg,
Protein 2g, • Carbohydrate 8g, • Sugar 1g, • Fiber 2g, • Iron 1mg, • Calcium 19mg