

Carrot Hummus

20 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- ½ pound carrots, washed, peeled, and cut into 2" pieces
- 1 clove garlic, crushed
- 1 (15 ounce) cans chickpeas, rinsed and drained
- Zest and juice of ½ lemon
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- ¼ cup extra virgin olive oil
- Optional: almonds, toasted and chopped

DIRECTIONS

1. Add the carrots and garlic to a medium saucepan. Cover with enough water to just cover the carrots. Bring to a simmer, cover and cook until carrots are tender, about 15-20 minutes. Drain and reserve the cooking liquid.
2. In a food processor, combine the carrots, garlic, chickpeas, lemon juice and zest, salt ground cumin and paprika. Process until smooth. With the motor running, add the olive oil in a steady stream.
3. Top with almonds.

Nutrition Facts

20 servings per container

Serving size 2 Tablespoons

Amount per serving

Calories 50

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 12mg 0%

Iron 0mg 0%

Potassium 72mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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