



Garlic and Herb Hummus

10 Servings • 1 Serving = 2 Tablespoons

INGREDIENTS

- 1 (15 ounce) can of garbanzo beans, rinsed and drained
- 2 Tablespoons tahini
- Juice of 1 lemon
- 1-2 Tablespoons water
- 2 garlic cloves, smashed
- ½ cup fresh parsley, chopped
- ¼ cup fresh basil, chopped
- 2 green onions, thinly sliced
- ¼ cup fresh tarragon, chopped
- ¼ cup extra virgin olive oil
- 1 teaspoon salt

DIRECTIONS

1. Combine the garbanzo beans, tahini, lemon juice, water, garlic, parsley, basil, green onions, and tarragon in a food processor or blender. Process until smooth. You may need to add additional water to help the motor run.
2. With the motor running, add the olive oil in a steady stream until incorporated with the bean puree.
3. Season with salt and stir well.
4. Optional: garnish with leftover parsley, basil, and/or tarragon.

Nutrition Facts

10 servings per container
Serving size 2 Tablespoons

Amount per serving

Calories **110**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 38mg **2%**

Iron 1mg **8%**

Potassium 139mg **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.

Recipe developed by the San Antonio Botanical Garden

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