Classy Chef, LLC

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Recipe: Lemon Hummus

Yield: 6-8 servings

Ingredients:

2 cans of cannelloni beans, drained and rinsed

2 cloves of garlic, minced

1 cup Greek style plain yogurt

1 T tahini (sesame seed paste)

2 T lemon zests

1 t salt and pepper

Method:

Place beans in a sauce pot with just enough water so they are covered. Add the salt and garlic. Simmer for 15 minutes on low flame. Puree. Add the tahini. Cool the mixture. Fold in yogurt, zest and pepper.

Hummus can be served as a dip or used as a spread on sandwiches. Flavor profiles can easily be changed. For example: Add dill instead of lemon.

Hummus should be stored in an air-tight container under refrigeration for 5 days.

Note: Typically hummus uses a good amount of tahini; sesame seed paste. This paste is very high in fat. By adding the yogurt the amount of tahini can be reduced. Also, the yogurt adds a tanginess and extra protein! Hummus is a complete protein for vegetarians!