

Black Garlic Hummus

10 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 2 Tablespoons tahini
- Juice of 1 lemon
- 1-2 Tablespoons water
- 3 cloves black garlic
- ¼ cup extra virgin olive oil
- ½ teaspoon salt
- ¼ cup fresh parsley, chopped

DIRECTIONS

1. Combine the garbanzo beans, tahini, lemon juice, water, and black garlic 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. Garnish with parsley.

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 170mg 7%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 92mg 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.

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