

# Simple Herbed Hummus

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 6

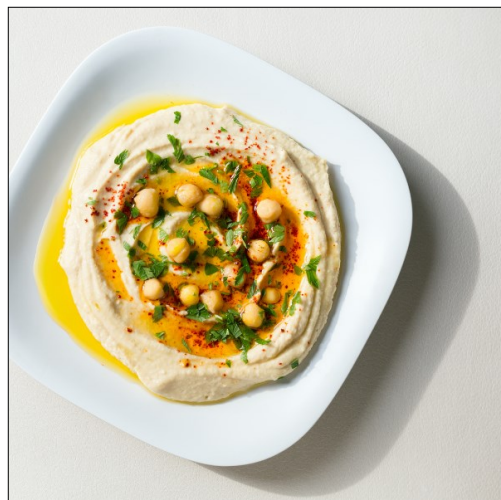
**Prep:** 15 minutes

## INGREDIENTS

- 1 (15 ounce) can chickpeas, drained and rinsed
- 2 to 4 tablespoons water
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 tsp. garlic powder
- 1/8 teaspoon red pepper flake
- 1/8 teaspoon dried or fresh herb of your choice (rosemary, basil, thyme, sage, oregano)
- 1/4 teaspoon salt

## DIRECTIONS

1. Mash all ingredients plus 2 tablespoons water in a bowl using a potato masher or fork. Add remaining water as needed to help make the hummus smoother.
2. Serve with pita chips, vegetables (cucumbers, carrots, celery) or spread on a sandwich.
3. Store covered in the refrigerator.



### Nutrition Information

*Serving Size: 2 tablespoons*

<b>Total calories</b>	<b>70</b>
<b>Total fat</b>	<b>5 g</b>
Saturated fat	1 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>130 mg</b>
<b>Carbohydrates</b>	<b>4 g</b>
Fiber	1 g
Sugar	0 g
<b>Protein</b>	<b>2 g</b>

Recipe source:  
[thewholesomedish.com](http://thewholesomedish.com)