

Junior Chefs' Mediterranean Hummus (Protein!)

Read it! (Read your recipe all the way through before you begin!)

Place it! (Get everything out and ready to cook.)

Ingredients:

1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
1/2 cup roasted red peppers, thinly sliced
1/4 cup tahini (sesame paste)
2 Tbsp. fresh lemon juice
2 cloves garlic
2 Tbsp. low fat greek yogurt
1/8 teaspoon ground cumin
Salt and ground black pepper to taste
2 Tbsp. parsley leaves, finely chopped and divided
Dippers: Carrot sticks, celery, whole wheat pita chips

Create it! (Time to COOK!)

1. Rinse and drain the garbanzo beans. Place drained garbanzo beans in a food processor and pulse for ten to fifteen seconds.
2. Add red peppers, tahini, lemon juice, garlic, yogurt, 1 tablespoon parsley and cumin. Process until very smooth. Season to taste with salt and black pepper.
3. Transfer to a serving bowl and top with additional parsley. Serve hummus with carrots, celery sticks and whole white pita chips arranged alongside. Enjoy your delicious protein packed snack!

