

Taste Testing: Hummus



Hummus is a dip/spread made mainly from cooked, mashed chickpeas, and other ingredients and spices. Chickpeas are high in protein and fit into the Meat and Alternatives food group of the Canadian Food Guide. Hummus originated in Egypt and is a common food in Middle Eastern countries. Original hummus is slightly tart and has a mild garlic flavour.

Food Fact

Hummus is a good source of energy due to the high content of protein and carbohydrates, providing a healthy and filling snack.

How to Choose:

- When choosing pre-made hummus, be sure to choose one that is properly sealed and is not expired.

How to Prepare:

- Check out the recipe on the next page.

How to Store:

- Store fresh hummus in the fridge in an air-tight container for 4 - 5 days.

Note:

Canada's food guide recommendation:

- Choose plant-based protein foods more often because plant-based protein has more fibre and less saturated fat than other types of protein foods.

I Tried It!

My Rating (circle one):



Would you like to try hummus again?

YES NO

Ideas for Serving Hummus:

- Hummus is very versatile. You can add many different spices and foods to the original recipe, like chipotle peppers, dill, feta cheese, or sundried tomatoes to play with the flavour.
- Use it as a vegetable dip for your favourite raw vegetables or whole wheat pita bread.
- Use hummus as a spread on your sandwich or wrap to add extra flavour.

Creamy Dream Hummus

Makes 2 cups

Ingredients:

- 1 can chickpeas, drained and rinsed
- ¼ cup tahini (sesame seed paste)
- 1 tsp ground cumin
- ¼ cup vegetable broth
- ½ tsp grated lemon rind
- 1 Tbsp lemon juice
- 2 Tbsp water
- 1 clove garlic, minced

Directions:

1. In a food processor bowl, combine chickpeas, tahini, and cumin. Pulse until coarse.
2. Add broth, lemon rind and juice, and water, adding more as necessary to make a smooth textured hummus.
3. Whirl until very smooth and stir in garlic.



Recipe adapted from <https://food-guide.canada.ca/en/recipes/creamy-dreamy-hummus/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.