

CHEF & CHILD FOUNDATION RECIPE COLLECTION

HUMMUS

ACF Columbus Chapter

SERVINGS PER RECIPE: 8



Ingredients:

- 1 can cooked chickpeas (also called garbanzo beans)
- 3 cloves chopped garlic
- 1 1/2 teaspoon salt
- Juice from 2 medium lemons
- 3/4 cup tahini
- 1/4 cup (packed) finely minced fresh parsley
- Black pepper to taste

Directions:

1. Drain liquid from chickpeas, but save liquid.
2. Mash chickpeas to a thick paste in a blender or with a masher.
3. Add rest of ingredients. Mix, adding reserved chickpea liquid if needed.
4. Chill thoroughly. Serve as a dip with raw vegetable sticks or pita bread.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (92g)
Servings Per Container
Calories 180
Fat Cal. 110

| Amount/serving | %DV* | Amount/serving | %DV* |
|---|------------|-----------------------|------------|
| Total Fat 13g | 20% | Total Carb 13g | 4% |
| Sat. Fat 1.5g | 8% | Fiber 3g | 12% |
| Trans Fat 0g | | Sugars 2g | |
| Cholest. 0mg | 0% | Protein 6g | |
| Sodium 580mg | 24% | | |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. | | | |
| Vitamin A 4% • Vitamin C 15% • Calcium 6% • Iron 10% | | | |



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