

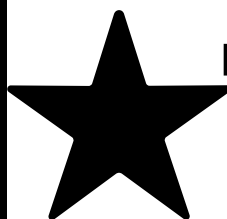


COOKING CLUB 2019-2020: SIMPLY SANDWICHES

recipe

HUMMUS

SERVINGS: 4



HOW WE MADE IT:

We added our Hummus to a MEDITERRANEAN FLATBREAD with diced tomato, shredded romaine lettuce, and Greek salad dressing!

ingredients

- 1 (15 OZ) CAN GARBANZO BEANS
DRAINED, LIQUID RESERVED
- 1 TBSP LEMON JUICE
- 1 TBSP OLIVE OIL
- 1 TSP CRUSHED GARLIC
- 1/2 TSP GROUND CUMIN
- 1/2 TSP SALT

NUTRITION NUGGET:

Chickpeas are a plant-based source of protein which aids in muscle repair and development of tissues throughout the body

method

1. Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor.
2. Stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.
3. Spread out the on to the flatbread when making your sandwich.