



A Nutrition Resource

# LENTIL HUMMUS

**Yield: 15 Servings | Serving Size: 2 Tablespoons**

**Cost/Serving: \$0.12**

## Ingredients:

- 1 cup red or golden lentils
- 1 cup garbanzo beans (chickpeas) cooked or 1 cup canned, drained, and rinsed
- 1/4 cup nonfat plain yogurt
- 1 1/2 Tablespoons lemon juice
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 Tablespoons olive oil

## Directions:

- 1) Place the lentils in saucepan and cover with water by 2 inches. Bring to a boil; reduce heat to low. Cover and simmer for 20-25 minutes or until the lentils are soft and mushy. Drain the lentils. Set aside for about 20 minutes to cool.
- 2) Place the lentils, garbanzo beans, yogurt, lemon juice, garlic, salt, and pepper in a food processor. Pulse several times until finely chopped. Scrape down the sides of the bowl. Turn on the processor and slowly add the olive oil while the motor is running. Add enough olive oil to get desired consistency. If hummus is too thick after adding 2 Tablespoons of olive oil, blend in water, adding 1 Tablespoon at a time.
- 3) Put hummus in a bowl or container. Cover and refrigerate for at least 1 hour before serving. Hummus will keep in the refrigerator for 4-5 days.

*Adapted from Lentils: Gems in the Treasure State*

## Nutrition Facts

15 servings per container  
**Serving size 2 Tablespoons (31g)**

Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 19mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 150mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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