

White Bean Hummus



Ingredients:

- 1-15 ounce can white beans, rinsed and drained
- 1/4 cup tahini (sesame paste)
- 3 tablespoons lemon juice
- 1-1/2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons fresh parsley, minced

Instructions:

1. Place garlic in a food processor. Process until minced.
2. Add the beans, tahini, lemon juice, and spices.
3. Cover and process until smooth.
4. Serve with whole grain pita wedges or fresh vegetable slices.

Makes 10 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>