Hescott Nutrition Services

Lemon Dill Hummus

Prep Time	20 mins
Total Time	20 mins
Meal Type	Snack
Contributed By	LivingPlateRx
Source	Living Plate
Servings	8

Ingredients

lb,c | g,ml

- 1 (15 oz.) can chickpeas, *drained and rinsed*
- 1 Tbs tahini paste
- 1 lemon, *zested and juiced*
- 1 Clove garlic
- 1/4 cup olive oil
- 2 Tbs dill, fresh, *chopped*
- 1/4 cup scallions, *chopped*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Drain and rinse chickpeas.
2. Zest and juice lemon.
3. Chop dill, scallions, garlic.

Make

1. Add chickpeas, tahini, 1 teaspoon lemon zest, juice of lemon [about 3 tablespoons], and garlic to a food processor. Pulse until combined.
2. Run processor while adding olive oil and continue running until hummus is smooth, stopping to scrape down sides. Taste and season with salt and pepper. Add more lemon juice if desired.
3. Add dill and scallions and pulse to combine. Do not run too long or the dip will turn green.
4. Serve with your favorite vegetables.

Notes

Check out our video for this recipe: https://youtu.be/IyBzjNsjByQ

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **117**

Amount/serving	% Daily Value*
Total Fat 8.5g	13%
Saturated Fat 1.1g	5%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 70mg	3%

Amount/serving	% Daily Value*
Total Carbohydrates 9g	2%
Dietary Fiber 2g	9%
Total Sugars 1g	
Protein 3g	

Vitamin D 0mcg 0% · Calcium 25mg 2% · Iron 0mg 2% · Potassium 60mg 1%

* The percent Daily Value (DV) 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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