



White Bean and Basil Hummus

Makes 1½ cups, or 3 servings

1½ cups cooked white beans, rinsed well
if canned
¼ cup sesame tahini
1 clove garlic, chopped
Zest from 1 lemon
Juice from 1 lemon
⅓ packed cup chopped fresh basil
2 tablespoons chopped fresh parsley
¼–½ teaspoon salt, more or less to taste
A few pinches of freshly ground pepper
Olive oil or prepared pesto if needed,
to thin

Directions

Combine all ingredients in a food processor and blend until smooth.



**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmchealthconnect.org**

NUTRITION INFORMATION

PER ½ CUP SERVING:

Calories	273
Protein	13 g
Carbohydrate	33 g
Fiber	7 g
Fat	11 g
Sodium	380 mg (if using ½ teaspoon salt and no sodium in beans)
Sodium	200 mg (if using ¼ teaspoon salt and no sodium in beans)
Potassium	549 mg

Cost per serving:
Approximately \$.75