Easy Hummus

Prep = 10 minutes | Cook = 5 minutes | Total = 15 minutes

Serves 8 (serving size: about 3 tablespoons)

Nutritional Information:
Calories 73 per serving | Fat 4g | Satfat 0.5g | Sodium 69mg

**Ingredients:**
2 tablespoons tahini (roasted sesame seed paste)
2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 (15-ounce) can unsalted chickpeas rinsed and drained
¼ teaspoon kosher salt (pink Himalayan, or sea salt)
3 tablespoons water
1 garlic clove

**Instructions:**
Combine tahini paste, lemon juice, olive oil, chickpeas, salt, water, and garlic clove in the bowl of a food processor (or other type of blender) and mix/blend until smooth consistency is obtained.

*Note – Please be aware of food allergies, do not attempt recipes if known food allergies are present. The Artist Outreach Inc. & The University of Texas at Arlington are not responsible for allergies, injuries, or damages that may occur in preparing and or consuming items prepared by individuals through instruction provided.*