

Hummus Recipes

Chipotle Hummus

Serves: 6 4 ounce servings

Ingredients

1 T	Chipotle Peppers, canned chopped
15oz can	Chick Peas, rinsed and drained
2 tsp	Garlic, minced
1 tsp	Salt
½ c	Olive Oil



Method of Preparation

1. Place all ingredients with the exception of the olive oil in a food processor. Pulse a couple of times to break up the chick peas. With the food processor running slowly add the olive oil. Blend until smooth. Add more oil or water if needed. Check for seasoning and serve with your favorite vegetable or pita chips. Also great as a spread for your wraps or sandwiches.

Edamame Hummus

Serves: 8 4 ounce servings

Ingredients

1 lb bag through	Edamame Beans, shelled and picked
½ c	Olive Oil
1 tsp	Salt
½ tsp	Pepper
1 T	Cilantro, washed thoroughly and roughly chopped
2 T	Parsley, washed thoroughly and roughly chopped
¼ cup	Peas, frozen peas are best
2 cloves	Garlic, finely minced
Water as needed	



Method of Preparation

1. Place all ingredients with the exception of the olive oil in a food processor. Pulse a couple of times to break up the edamame beans and peas. With the food processor running slowly add the olive oil. Blend until smooth. Add more oil or water if needed. Check for seasoning and serve with your favorite vegetable or pita chips. Also great as a spread for your wraps or sandwiches.

Kale & Garlic Hummus

Serves: 8 4 ounce servings

Ingredients

½ pound	Kale, washed, remove ribs and stems
15oz can	Chick Peas, rinsed and drained
3 cloves	Garlic, finely minced
½ cup	Olive Oil
1 tsp	Salt
½ tsp	Black Pepper
1 T	Tahini
1 small	Lemon, zest and juice



Method of Preparation

1. Place all ingredients with the exception of the olive oil in a food processor. Pulse a couple of times to break up the chick peas and kale. With the food processor running slowly add the olive oil. Check for seasoning and serve with your favorite vegetable or pita chips. Also great as a spread for your wraps or sandwiches.

Black Bean & Olive Hummus

Serves: 8 4 ounce servings

Ingredients

15oz can	Black Beans, rinsed and drained
2 oz	Black Olives, roughly chopped
2 cloves	Garlic, finely minced
1 tsp	Salt
½ tsp	Black Pepper
½ c	Olive Oil



Method of Preparation

1. Place all ingredients with the exception of the olive oil in a food processor. Pulse a couple of times to break up the black beans. With the food processor running slowly add the olive oil. Check for seasoning and serve with your favorite vegetable or pita chips. Also great as a spread for your wraps or sandwiches.

Roasted Red Pepper Hummus

Serves: 8, 4 ounce servings

Ingredients

¼ cup	Roasted Red Peppers
15oz can	Chick Peas, rinsed and drained
½ c	Olive Oil
1 tsp	Salt
½ tsp	Black Pepper
2 cloves	Garlic, finely minced



Method of Preparation

1. Place all ingredients with the exception of the olive oil in a food processor. Pulse a couple of times to break up the chick peas. With the food processor running slowly add the olive oil. Check for seasoning and serve with your favorite vegetable or pita chips. Also great as a spread for your wraps or sandwiches.