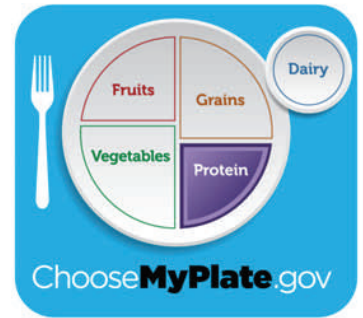


Blender Basics Hummus

By Cheralyn Schmidt



Ingredients

1 can garbanzo beans, drained and rinsed (low sodium preferable)
¼ cup water
3 Tbsp sesame paste (tahini)- optional
3 Tbsp olive oil
Juice of half a lemon (about 2 Tbsp)
1 clove garlic or ½ tsp garlic powder
¼ tsp black pepper
pinch salt

Instructions

Combine all ingredients in blender and process. Stop blender periodically and stir down sides. Process until smooth. Transfer to a container and store for up to three days.

Talking Points

HINT: Use these talking points while you are blending your ingredients to keep your audience interested and involved in the demonstration.

- ◆ Use this delectable Mediterranean dip for fresh carrots, broccoli and cauliflower, whole grain crackers, pita bread and corn chips. Spread onto a lettuce leaf and roll up for a fun snack.
- ◆ Garbanzos are also called chick peas because they are shaped like the head of a baby chicken.
- ◆ Parmesan is an aged cheese so is lower in moisture and richer in protein than many other dairy products.
- ◆ Lemons are in season in winter and are full of vitamin C and antioxidants.
- ◆ Beans are rich in fiber and protein, parmesan is rich in calcium to build bones, sesame tahini is an excellent source of vitamin E for skin and hair, olive oil has monounsaturated fats for heart health.

Get the Kids

Have the kids: open cans and jars, rinse and drain beans (after teacher removes sharp lid), grate cheese, measure ingredients, squeeze lemons, push buttons and hold down lid on blender.

HINT: Try these ways to get your students involved. Be conscious of the kids' ages and ability levels.

Nutrition facts: (served with one pound of whole wheat bread) Serves 20

Nutrition: Cal: 111.5, Protein: 4.4g, Total Carb: 15g, Total Fat: 4.1g, Sat Fat: .65g, Trans Fat: .2g, % Fat Cal: 32%, Cholesterol: 0mg, Fiber: 2.65g, Sodium: 168mg, Calcium: 41mg, Folate: 26.3mcg, Iron: .9mg



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