

game day upgrade

Score big with make-it-your-way homemade hummus. It's quick to whip up, and the variations are endless.



START TO FINISH 15 min.

- 1 15-oz. can garbanzo beans (chickpeas), rinsed and drained
- $\frac{1}{4}$ cup tahini (sesame seed paste)
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup olive oil
- 1 clove garlic, minced
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. paprika
- 1 Tbsp. snipped fresh parsley
- 2 to 3 tsp. olive oil (optional)
- 2 Tbsp. toasted pine nuts and/or paprika (optional)

1. In a blender or food processor combine first seven ingredients (through paprika). Cover and blend or process until smooth, stopping to scrape container as needed. If desired, add stir-ins (right).

2. Spoon hummus onto a serving platter. Sprinkle with parsley. If desired, drizzle with oil and sprinkle with pine nuts and/or paprika. Serve with pita wedges, tortilla chips, and/or vegetable dippers. Makes 14 servings.

EACH SERVING: 84 cal, 7 g fat, 0 mg chol, 156 mg sodium, 5 g carb, 1 g fiber, 2 g pro.

STIR-INS

Change up the flavor with one or more of these: $\frac{1}{4}$ cup sliced green onions, $\frac{1}{4}$ cup crumbled feta cheese, $\frac{1}{3}$ cup chopped pitted ripe olives or Kalamata olives, $\frac{1}{3}$ cup chopped roasted red sweet pepper, 2 to 3 chopped chipotle peppers in adobo sauce, 1 Tbsp. snipped fresh dill, or $\frac{1}{4}$ cup basil pesto. ■



GO HOMEMADE

Get this recipe and 179 more in BHG's *DIY Recipes*, on newsstands now.