

# PIZZA HUMMUS

## INGREDIENTS

- 1 16-ounce can of chickpeas, drained and rinsed
- ¼ cup tomato paste
- ¼ cup water
- 1 teaspoon dried oregano (or one tablespoon fresh oregano leaves, chopped)
- 1 teaspoon dried basil (or one tablespoon fresh basil leaves, chopped)
- 1 tablespoon olive oil
- 2 tablespoons fresh lemon juice
- ¼ cup shredded Parmesan cheese
- ¼ teaspoon crushed red pepper (optional)
- 1 clove of garlic, minced
- ¼ teaspoon each salt and pepper

## DIRECTIONS

1. Place all ingredients into a food processor and puree for 1 to 2 minutes, until smooth and creamy.
2. If hummus is too thick to spread on bread or dip vegetables in, thin it with water by adding one tablespoon at a time until you reach the desired consistency.
3. Serve hummus as a dip for raw veggies and whole-grain crackers, or as a spread on your favorite sandwich or in a wrap.
4. Store extra hummus in an airtight container in the refrigerator.

## NUTRITION INFORMATION

Serving: ¼ cup | Calories: 150 | Carbohydrates: 20g | Protein: 7g | Fat: 5g |  
Saturated Fat: 1g | Sodium: 401mg | Potassium: 210mg