

## LET YOUR BELLY DANCE WITH HUMMUS

**H**ummus is a popular Middle Eastern / Mediterranean dip made from cooked garbanzo beans. It can be purchased in most supermarkets, but making your own will allow you to get the flavor just as you like it, and to avoid the sodium found in most ready-to-eat foods.

**Garbanzo beans** or chickpeas are legumes; they are high in protein and fiber. However, just like beans and lentils, they are

starchy vegetables and should be consumed in the recommended amounts to control blood glucose levels.

**Another key ingredient** of hummus is tahini, a paste made from ground sesame seeds. Just like flax seeds, sesame contains lignans, a compound that can act as antioxidant, protecting the body from cellular damage.



**Garbanzo facts:** in some Asian countries, garbanzo beans are soaked and then roasted like nuts (source: *On Food and Cooking*, A. McGee, 2004).

**Garbanzo nutrition:** 1/2 of a cup of cooked garbanzo beans or 1/3 cup of hummus provide 15 grams of carbohydrates (source: *Choose Your Foods: Exchange List for Diabetes*, American Diabetes Association, 2008).



### Preparation tips:

- ★ If using canned garbanzos, rinse under water to eliminate some of the sodium, and drain well.
- ★ Leftovers can be stored in the refrigerator for up to 3 days.
- ★ Spread 1/2 teaspoon of olive oil over the surface of your leftovers and cover with cling film before refrigerating.
- ★ Garbanzo beans can be replaced with other cooked legumes or even soy beans.

## HUMMUS

### Ingredients for 8-9 servings of 1/3 cup each:

2 cups of cooked garbanzo beans  
a few tablespoons of water  
1/3 cup tahini  
1/3 cup fresh lemon juice  
2-3 minced garlic cloves  
1 tablespoon olive oil  
paprika to taste  
minced fresh parsley to garnish

**Directions:** drain the garbanzos and blend in a food processor with tahini, oil, and lemon juice. Blend and add a few tablespoons of water to achieved the desired consistency.

When the hummus is creamy enough, add minced garlic and paprika to taste. Sprinkle the parsley on top. It can be served immediately. If refrigerated, leave at room temperature for 10-15 minutes before serving.

**1 serv. = 15 g carbohydrates**

Suggestion: serve with 1 cup of bell pepper strips, celery, jicama, baby carrots or lightly steamed carrots, asparagus and zucchini sticks.