

Turmeric Spiced Hummus

Recipe by Jackie Topol, MS, RD, CSO, CDN

Serves 6

This flavorful Middle Eastern dip provides a quick way of boosting your protein intake and is perfect for a snack with veggies or crackers or as a spread on a sandwich. The garlic, turmeric and curry powder contain many powerful antioxidants and anti-inflammatory compounds.

Ingredients:

1 (15.5 oz) can low-sodium chickpeas, rinsed	2 tablespoons lemon juice
1 garlic clove, minced	2 tablespoon extra virgin olive oil
1/3 cup water	1/2 teaspoon turmeric
1/4 cup sesame paste (tahini)	1/2 teaspoon curry powder
	1/2 teaspoon sea salt



Directions:

1. Place all ingredients into a food processor and blend until smooth. Adjust seasoning to your taste and enjoy!

Nutritional facts per serving: 170 calories, 10g fat, 6g protein, 16g carbohydrates, 3g fiber, and 210mg sodium

The Nourishing Kitchen program is funded by a NYP Patient Centered Care Grant
If you have any questions during your stay and would like to speak to a Registered Dietitian please call 746-0850
To make an appointment at our Outpatient Nutrition Practice please call 746-0838



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