



## August 2014

August -- HOT, picnics, dry or humid, it is time to pull out the recipes for enjoying the bounty of summer. Hummus (made with Chick Peas or Cannellini beans) is a great snack, dip for veggies or spread on toasted bread with a grilled chicken breast!

This is a tasty recipe you can whip up year-round using canned beans as the base. I have reduced the fat and calories and ¼ cup is under 90 calories!

So – drag out your food processor or blender and give this a whirl! Great on fresh crostini or flatbread too..... Give it a try and I hope you ENJOY!

### Hummus

### **Makes 2 cups**

1 – 19 oz. can Chick Peas, drained and rinsed  
¼ C. fresh lemon juice  
1 Tbsp. Chunky Peanut butter  
2 cloves garlic, peeled and ‘mashed’ – approx. 3 tsp.  
2-3 Tbsp. Olive oil

½ tsp. ground cumin  
½ tsp. salt  
¼ tsp. gr. Black pepper  
¼ C. grated Parmesan cheese

- Combine in food processor and process until smooth. Add 1-2 Tbsp. water if too thick. Cover and refrigerate.
- Keeps 4-5 days in refrigerator.

### Serve with:

- Assorted fresh vegetables, washed and cut into bite size pieces
- Crackers, chips or on a sandwich (use instead of Mayonnaise for a real tasty treat)

### OPTIONAL:

- Substitute Cannellini beans (white beans) and add 1-2 tsp. fresh rosemary leaves, chopped