Spinach Hummus

Tarla Fallgatter, caterer and cooking instructor, 10/2012



8 ounces garbanzo beans, canned, drained

1 clove garlic, peeled

1 cup baby spinach, packed

1 tablespoon fresh lemon juice

1/2 teaspoon garam masala

1/2 teaspoon ground cumin

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

1/4 cup olive oil

1/4 cup pine nuts, toasted

Crackers, or toasted pita bread triangles for serving

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 6

1. Toast the garam masala, cumin, salt and pepper in a dry skillet for 2-3 minutes until fragrant but not quite smoking. Set aside to cool.
2. Combine the drained garbanzo beans and garlic in a food processor and puree until smooth. Add spinach, lemon juice and toasted spices and blend thoroughly.
3. With the machine running, gradually add the olive oil.
4. Scoop the hummus into a small serving bowl and sprinkle with toasted pine nuts. Serve with toasted pita triangles or crackers.

Per Serving (excluding unknown items): 162 Calories; 12g Fat (66.8% calories from fat); 4g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 473mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.