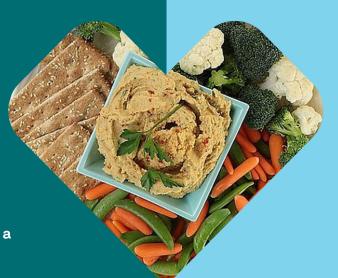


## Roasted Garlic Hummus

This garlicky hummus is the perfect dip for pita crisps. To make the crisps, simply bake triangles of pita bread in a hot oven until they are golden, about 8 minutes.



## Ingredients

- 1 head garlic
- 1 19-ounce can chickpeas, rinsed, or 2 cups cooked chickpeas
- 2 tablespoons lemon juice
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon tahini (sesame paste)
- 2 tablespoons water
- 2 tablespoons chopped fresh parsley plus a sprig for garnish
- 1/8 teaspoon salt
- Paprika for garnish

## Instructions

- Preheat oven to 425°F. Remove the loose papery outside skin from the garlic head without separating the cloves. Slice off the top ½ inch. Wrap in a small square of foil and roast until the garlic is very soft, about 40 minutes. Unwrap and cool slightly. Separate the cloves and peel.
- **2.** Puree the garlic, chickpeas, lemon juice, soy sauce, tahini and water in a food processor. Add more or less water as necessary to make a fairly firm dip.
- **3.** Transfer to a small serving bowl, stir in parsley and season with salt. Garnish with a sprig of parsley and a sprinkling of paprika.

## **Nutrition Per Serving**

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47 Calories, Total Fat: 0 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 8 g, Fiber: 1 g, Total Sugars: 0 g, Added Sugars: 0 g, Protein: 1 g, Sodium: 121 mg, Potassium: 73 mg, Iron: 0 mg, Folate: 22 mcg, Calcium: 16 mg, Vitamin A: 55 IU, Vitamin C: 3 mg

Carbohydrate Servings: 1 1/2

Yield:

about 12/3 cups

**Active Time:** 

20 minutes

Total Time:

1 hour

Make
Ahead Tips:
Cover and
refrigerate for

up to 2 days.

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