

# 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

1. Preheat oven to 425°F. Remove the loose papery outside skin from the garlic head without separating the cloves. Slice off the top 1/2 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.

**Yield:**  
about 1 2/3 cups

**Active Time:**  
20 minutes

**Total Time:**  
1 hour

### Nutrition Per Serving

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

### Make Ahead Tips:

Cover and refrigerate for up to 2 days.

