



Cooking Demo:

# Hummus Among-Us



How to: purchase, prepare, safely store,  
and understand nutritional benefits of  
plant based protein.

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## Objectives:

1. How to prepare:  
Canned chickpeas/skinning.  
Blend ingredients together for  
hummus type.
2. How to safely store:  
Keep out of the temperature  
danger zone. Store in an air-  
tight container.
3. Nutrition and Benefits  
Chickpeas provide high  
amounts of vitamins, minerals,  
and fiber. They aid in: weight  
management, improved  
digestion, and reduced disease  
risk.





# Recipes:

## Classic Hummus

### Ingredients

- 1½ cups cooked chickpeas, drained and rinsed
- ⅓ cup smooth tahini\*
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, more to taste
- 1 garlic clove
- ½ teaspoon sea salt
- 5 tablespoons water, or as needed to blend
- paprika, red pepper flakes, or parsley, for garnish

### Instructions:

1. In a high-speed blender, place the chickpeas, tahini olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency.
2. Transfer to a serving plate, top with desired garnishes and serve with warm pita and veggies, as desired.

1. <https://www.loveandlemons.com/hummus-recipe/>

## Chocolate Hummus

### Ingredients

- 1 (15 oz) can of chickpeas, rinsed and drained (skins removed if you want extra creamy hummus!)
- 1/3 cup drippy tahini (or 1/2 cup peanut butter or other nut butter)
- 1/3 cup unsweetened cocoa powder
- 1/3 cup pure maple syrup
- 1/4 cup milk, plus more if necessary to thin
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- ⅓ cup mini chocolate chips (if desired)

### Instructions:

1. Add all the hummus ingredients besides the chocolate chips to a food processor or blender and process until smooth, adding more milk if necessary to make it into a nice dip that's the consistency of frosting. Stir in mini chocolate chips and sprinkle more on top once finished.
2. Serve in a bowl on a platter with strawberries, raspberries, crackers, pita chips, pretzels/pretzel thins, graham crackers or anything you like! Hummus will keep in the fridge for up to a week.

1. <https://www.ambitiouskitchen.com/the-best-chocolate-hummus/>

## Red-Pepper Hummus

### Ingredients

- 2 whole red bell peppers (substitute about ¾ cup chopped jarred roasted red peppers)
- 1 (15-ounce) can chickpeas or 1 ½ cups (250 grams) cooked chickpeas
- ¼ cup fresh lemon juice, about 1 large lemon
- ¼ cup tahini
- 1 small garlic clove, minced
- 2 Tbsp. extra virgin olive oil, plus more for serving
- ½ teaspoon ground cumin
- Pinch cayenne pepper (optional)
- 2-3 Tbsp. water
- Salt to taste

### Instructions:

1. Roast Peppers in oven.
2. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the side and bottom of the bowl then process for 30 seconds more. This extra time helps "whip" or "cream" the tahini, making the hummus smooth and creamy.
3. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
4. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
5. Add the roasted peppers and continue to process for 1 to 2 minutes or until smooth. If the hummus is too thick or still has tiny bits of chickpea, with the food processor turned on, slowly add 1 to 3 tablespoons of water or aquafaba until you are happy with the consistency.
6. Taste for salt and adjust as needed. Finely chop the reserved peppers. Spoon hummus into a bowl, make a small well in the middle and add the chopped peppers. Store homemade hummus in an airtight container and refrigerate up to one week.

1. <https://www.inspiredtaste.net/22016/roasted-red-pepper-hummus-recipe/#itr-recipe-22016>