

12 Great Ways to Use...

Hummus

This nutritious, creamy, and tangy Mediterranean spread and dip provides protein, and fiber, which helps keep you feel full after you eat it. You can buy traditional hummus, made from chickpeas, plus varieties made from edamame, white beans, or yellow lentils, plus flavors ranging from lemon to horseradish. Hummus with baby carrots probably heads the list of healthy snacks in America; the duo is delicious, portable, and inexpensive. But if your experience with hummus is limited to this pairing, try these ideas:

- 1.** Use hummus instead of mayonnaise as a spread when making sandwiches and wraps.
- 2.** Make an instant salad dressing by blending hummus, vinegar, and salt and pepper.
- 3.** Blend hummus with chopped eggs, chicken, tuna, or other cooked seafood for a tangy, protein-rich sandwich filling.
- 4.** Mound several tablespoons of hummus into an avocado half for a quick mini-meal.
- 5.** Mash hummus with cooked egg yolks to make a filling for deviled eggs.
- 6.** Spread toast or bagels with hummus, rather than butter or cream cheese.
- 7.** Grill or broil Portobello mushroom caps and then top with a tablespoon of hummus.
- 8.** Serve a bowl of hummus as a sauce for kebabs of all kinds.
- 9.** Toss hot cooked pasta with hummus, season with cracked black pepper, and sprinkle with chopped fresh chives or parsley.
- 10.** Spread hummus on a pizza crust, top with roasted vegetables and olives, and bake at 425°F for about 10 minutes.
- 11.** Stir a spoonful of hummus into scrambled eggs or omelets before cooking.
- 12.** Spread hummus lightly on fish fillets, top with herb-seasoned bread crumbs, and bake at 400°F for 10 to 15 minutes, or until the fish flakes easily with a fork.



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