



10 Easy Recipes That Start with Hummus (Plus a Delicious Hummus Base Recipe)

By Courtney Davison
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If hummus hasn't already stolen your heart, get ready to fall in love with this dreamy dip. Made from nutrient-dense chickpeas, the creamy spread hails from the Middle East, where it's traditionally flavored with tahini, lemon juice, and garlic.

But the real beauty of hummus resides in its versatility: Apart from being an excellent dip, its smooth consistency and light flavor make it great for incorporating into all kinds of savory dishes. Whether you're a hummus novice or a die-hard aficionado, you'll love these 10 tasty ideas for using hummus in your everyday cooking!

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Hummus Base Recipe

30 minutes | Makes 1½ cups

First, here's our foolproof recipe for a basic oil-free hummus that's rich in nutrients and low in calories. For the lightest, creamiest results with no added oil, boil canned chickpeas with a pinch of baking soda to soften them before blending. (Looking for more varieties? Find our full archive of [hummus recipes here!](#))

Ingredients

1 15-oz. can chickpeas, rinsed and drained (1½ cups)

Pinch baking soda

¼ cup lemon juice

1 tablespoon tahini paste

2 cloves garlic, minced

Sea salt, to taste

Freshly ground black pepper, to taste

1. In a medium saucepan combine chickpeas, baking soda, and 2 cups water. Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes or until chickpeas can be easily mashed with a fork. Drain.

2. Transfer hot chickpeas to a food processor. Add lemon juice, tahini, garlic, and 2 tablespoons water. Process 2 to 3 minutes or until smooth and creamy, adding 1 to 2 tablespoons water if needed to reach desired consistency. Season with salt and pepper.

10 Tasty Recipes that Use Hummus

Using our base recipe or any oil-free hummus, try whipping up one of these delicious recipes.

Pasta Primavera

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Makes 4 cups

Cook 2 cups whole grain pasta according to package directions, adding 2 cups chopped mixed vegetables the last 5 minutes of cooking. Drain, reserving $\frac{1}{2}$ cup of the cooking water. Return drained pasta and veggies to pot. Toss with the reserved cooking water and $\frac{1}{4}$ cup hummus.

Tangy Tomato Tart with Hummus

Makes one 10-inch tart

Preheat oven to 400°F. Line a baking sheet with parchment paper. In a medium bowl combine $\frac{1}{2}$ cup whole wheat flour, $\frac{1}{2}$ cup hummus, $\frac{1}{2}$ teaspoon baking powder, and 2 tablespoons water; stir to combine. Roll out dough into a 10-inch disk. Transfer disk to prepared baking sheet; turn up edges to make a pizza-like crust. In a separate bowl stir together 2 tablespoons hummus and 1 tablespoon Dijon mustard; spread mixture over dough. Sprinkle with 2 tablespoons chopped scallions, then top with 2 tomatoes, thinly sliced. Bake 20 to 25 minutes. Garnish with fresh basil.

Sriracha Stuffed Sweet Potatoes

(continued)

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Makes 2 stuffed sweet potato halves

Preheat oven to 425°F. Prick a sweet potato a few times with a fork and place on a baking sheet. Bake 45 minutes. Let cool slightly, then halve lengthwise. Scoop out potato flesh and place in a bowl, leaving a ¼-inch-thick shell. Mash potato flesh with 2 tablespoons hummus and ½ teaspoon sriracha sauce or other hot sauce. Fill potato skins with mashed sweet potato and place on baking sheet; broil 4 inches from heat 3 to 5 minutes or until beginning to brown on top.

Easy Stuffed Zucchini Boats

Makes 4 boats

Preheat oven to 400°F. Halve 2 medium zucchini lengthwise. Scoop out and discard seeds, then scoop out enough zucchini flesh from center to make room for filling. Finely chop the scooped-out zucchini flesh and transfer it to a bowl; add ½ cup cooked quinoa, ½ cup prepared salsa, and 3 tablespoons hummus. Fill zucchini boats with quinoa mixture. Place in a baking dish with 1 cup water and cover with foil. Bake 30 minutes; uncover. Bake 30 minutes more or until zucchini is tender.

Picnic Potato Salad

(continued)

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Makes 4 cups

In a large pot of boiling water cook 3 cups 1-inch potato chunks just until tender; drain. In a large bowl whisk together $\frac{1}{3}$ cup hummus, 1 tablespoon yellow mustard, and $\frac{1}{2}$ teaspoon apple cider vinegar. Add the hot potatoes, $\frac{1}{2}$ cup chopped celery, and $\frac{1}{2}$ cup finely chopped red onion; toss to coat vegetables. Let cool before serving.

Za'atar Pizzas

Makes 2 pizzas

Preheat oven to 450°F. Split a [whole wheat pita](#) pocket through the center to make two thin rounds; place on a baking sheet. Spread each round with 2 tablespoons hummus. Sprinkle each with 1 tablespoon za'atar spice blend and $\frac{1}{4}$ cup cooked or canned chickpeas, rinsed and drained. Bake 5 minutes or until crusts are crisp.

Roasted Veggie Wraps with Roasted Red Pepper Hummus Spread

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Makes 2 wraps

Preheat oven to 400°F. Line a baking sheet with parchment paper. Arrange ½ cup each sliced zucchini, eggplant, and onion on baking sheet. Roast 25 minutes, turning once. In a blender combine ½ cup jarred roasted red peppers, ⅓ cup hummus, and 2 teaspoons paprika; cover and blend until smooth. Spread hummus mixture over two 8-inch whole grain tortillas; top with roasted vegetables and, if desired, chopped lettuce. Roll up.

Summer Vegetable Gratin

Makes one 8-inch square gratin

Preheat oven to 350°F. Slice 3 small tomatoes, 1 small eggplant, 1 medium zucchini, and 1 large yellow bell pepper into ¼-inch-thick slices; chop 1 small onion. Sprinkle onion over the bottom of an 8-inch square baking dish; top with remaining vegetables, alternating slices. Sprinkle with 2 teaspoons dried herbes de Provence, pour ½ cup water over vegetables, and cover dish with foil. Bake 30 minutes; uncover, dollop with ½ cup hummus, and bake 15 to 20 minutes more or until vegetables are tender.

Green Goddess Sauce

(continued)

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Makes 1 cup

In a small blender or food processor combine ½ cup each lightly packed fresh parsley and arugula, ¼ cup hummus, 2 tablespoons chopped fresh chives, 1 tablespoon chopped fresh tarragon, 1 small clove garlic, and ½ teaspoon miso paste (optional); cover and blend until combined. Add ½ cup water or vegetable broth; cover and blend until smooth. Serve with grain bowls or Vegetable Fritters (recipe below), or use as a salad dressing.

Vegetable Fritters

Makes 6 fritters

Preheat oven to 350°F. Mash together ⅓ cup cooked or canned chickpeas, rinsed and drained; ¼ cup hummus; ¼ cup chopped fresh parsley; 1 clove garlic, minced; and 1 teaspoon ground cumin. Stir in 1 cup grated carrots, beets, parsnips, and/or cabbage. Shape mixture into six ¼-cup patties. Arrange on a parchment-lined baking sheet. Bake 25 to 30 minutes or until browned. Serve with Green Goddess Sauce (recipe above).

Megan Edwards contributed to this article.